



Be... Active, Playful, Creative

Programs & Events



Spooktacular

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Preschool

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**Downtown
Events**

PAGE 3

FALL 2018
herndon-va.gov/recreation
Recycle After December



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Herndon Community Center Hours

Monday-Friday 6:00am-10:00pm
 Saturday 7:00am-6:00pm
 Sunday 10:00am-6:00pm (through 8/19)
 Sunday 7:00am-7:00pm (starting 9/9)

No admittance to the building a 1/2 hour before closing.

CLOSURES & HOLIDAY HOURS

Labor Day, September 3 Closed
 Thanksgiving, November 22 Closed
 Friday, November 23 8:00am-9:30pm

The Herndon Community Center will be closed from August 26-September 3 for maintenance and cleaning. The gymnasium will be closed August 6-Mid-September to replace the floor.

Parks & Recreation Office Hours

Monday-Friday 8:30am-5:30pm

OFFICE CLOSED:

September 3, October 8, November 12, 22 & 23

Daily Admission Rates

TOH / NR

Adults	\$6.50 / \$7.50
Seniors	\$5.25 / \$6.25
Youth	\$5.25 / \$5.50
Family*	\$18 / \$22.50

*Up to 5 family members, 2 adults maximum

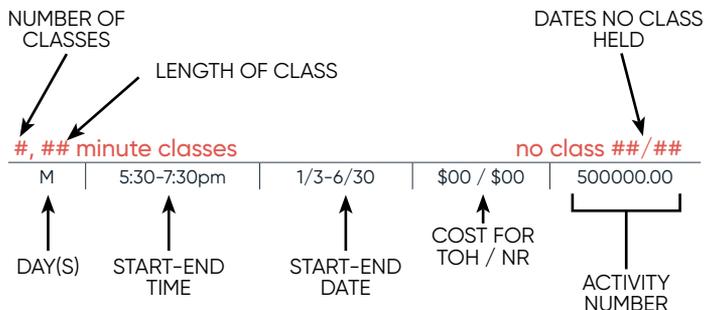


Understanding Our Class Format

TOH - Town of Herndon rate and requires ID with address for every transaction

NR - Non-Resident rate

- NEW!** New this Season
- DROP-IN** No Registration Required
- NOR** No Online Registration
- OR** Ongoing Registration



 Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

How To Register

CHOOSE ONE OF FOUR WAYS TO REGISTER.

For Mail & In-Person options fill out the **registration form** on page 35 and find **registration information** on page 34.

1  **ONLINE:** herndonwebtrac.com



2  **MAIL:** Herndon Parks and Recreation Department
777 Lynn Street
Herndon, VA 20170

3  **IN-PERSON / DROP OFF:** Herndon Community Center
814 Ferndale Avenue
Herndon, VA 20170

4  **FAX:** 703-318-8652
Hearing Impaired Relay
1-800-828-1120 TDD

"They have excellent and affordable programs, for the whole family. It is a great place to meet people with like interests."

- Kelly, Herndon, VA

Special Events *Be... Active, Playful, Creative*



Labor Day Festival

MONDAY, September 3, 11:00am-5:00pm

777 Lynn Street, Historic Downtown Page 36



Family Fitness & Fun Fest

SATURDAY, September 15, 9:00am-12:00pm

730 Elden Street, Town Hall Square Page 36



Herndon Kids Triathlon

SUNDAY, September 16, 8:00am

Herndon Community Center Page 25



Herndon Homecoming Parade

SATURDAY, September 22, 9:30am

Elden Street, Historic Downtown Page 22



NatureFest

SUNDAY, September 23, 1:00-5:00pm

Runnymede Park Page 30



Bark Bash & Pooch Parade

SATURDAY, October 6, 9:30am-12:30pm

730 Elden Street, Town Hall Square Page 22



Spooktacular

FRIDAY, October 26, 6:30-8:00pm

Herndon Community Center Page 22



Turkey Trot 5K

SATURDAY, November 17, 4:00pm

Herndon Community Center Page 12

**EVENT DETAILS AT
BIT.LY/HPREVENTS**

Children's Performing Arts Series

**See Page 23
for the Details**

NO AQUATICS CLASSES »
OCTOBER 6-8 & NOVEMBER 22-24

Be Active

POOL CLOSURES »
OCTOBER 6-8 for the Harvest Moon Swim Meet

Pool & Swimmer Information

»  **We STRONGLY recommend no food to be eaten** one hour or less before participation in any swimming class.

» **The pool is open only to lap swimmers** age 13 & up and scheduled swim lessons on Saturday & Sunday mornings until noon.

» **A detailed listing of swimming class requirements** may be found at <http://bit.ly/HCCswim>. Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

» **FREE swim evaluations** are available at no charge if you are unsure which class is appropriate for your child. Contact Christina Bolzman, Aquatic Programming Specialist, at **703-435-6800 x2134** to schedule an evaluation.

MAKEUP POLICY

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

» Preschool

ATTENTION: Parents should **read class requirements and descriptions carefully** to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Baby and Me Age 6-18 months

Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

6, 25 minute classes		no class 10/6, 11/24		
Sa	9:30-9:55am	9/8-10/20	\$54 / \$72	201100.60
Sa	9:30-9:55am	10/27-12/8	\$54 / \$72	201100.61

Toddler and Me Age 18 months-3 years

Parent and child swim together. The instructor works closely with parent in helping the toddler develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

Toddler and Me (continued)

6, 25 minute classes		no class 10/6, 10/8, 11/21, 11/24		
M	10:00-10:25am	9/10-10/22	\$54 / \$72	201200.10
M	10:00-10:25am	10/29-12/3	\$54 / \$72	201200.11
W	10:00-10:25am	9/12-10/17	\$54 / \$72	201200.30
W	10:00-10:25am	10/24-12/5	\$54 / \$72	201200.31
Sa	10:00-10:25am	9/8-10/20	\$54 / \$72	201200.60
Sa	10:30-10:55am	9/8-10/20	\$54 / \$72	201200.61
Sa	10:00-10:25am	10/27-12/8	\$54 / \$72	201200.62
Sa	10:30-10:55am	10/27-12/8	\$54 / \$72	201200.63

Preschooler and Me Age 3-5

Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking.

6, 25 minute classes		no class 10/6, 11/24		
Sa	9:00-9:25am	9/8-10/20	\$54 / \$72	201300.60
Sa	9:00-9:25am	10/27-12/8	\$54 / \$72	201300.61



Our swim classes help children be comfortable and confident in the water.

Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

6, 25 minute classes		no class 10/6, 10/8, 11/21, 11/24		
M	9:30-9:55am	9/10-10/22	\$54 / \$72	202100.10
M	9:30-9:55am	10/29-12/3	\$54 / \$72	202100.14
W	9:30-9:55am	9/12-10/17	\$54 / \$72	202100.30
W	9:30-9:55am	10/24-12/5	\$54 / \$72	202100.32
Sa	8:30-8:55am	9/8-10/20	\$54 / \$72	202100.60
Sa	9:30-9:55am	9/8-10/20	\$54 / \$72	202100.61
Sa	11:30-11:55am	9/8-10/20	\$54 / \$72	202100.62
Sa	8:30-8:55am	10/27-12/8	\$54 / \$72	202100.63
Sa	9:30-9:55am	10/27-12/8	\$54 / \$72	202100.64
Sa	11:30-11:55am	10/27-12/8	\$54 / \$72	202100.65

8, 25 minute classes		no class 10/31, 11/21, 11/22		
M/W	6:30-6:55pm	9/10-10/3	\$72 / \$96	202100.11
M/W	6:30-6:55pm	10/10-11/7	\$72 / \$96	202100.12
M/W	6:30-6:55pm	11/12-12/10	\$72 / \$96	202100.15
M/W	7:30-7:55pm	9/10-10/3	\$72 / \$96	202100.13

Preschooler 1 (continued)

8, 25 minute classes		no class 10/31, 11/21, 11/22		
M/W	7:30-7:55pm	10/10-11/7	\$72 / \$96	202100.17
M/W	7:30-7:55pm	11/12-12/10	\$72 / \$96	202100.18
Tu/Th	7:00-7:25pm	9/11-10/4	\$72 / \$96	202100.21
Tu/Th	7:00-7:25pm	10/9-11/1	\$72 / \$96	202100.22
Tu/Th	7:00-7:25pm	11/6-12/4	\$72 / \$96	202100.24
Tu/Th	6:00-6:25pm	9/11-10/4	\$72 / \$96	202100.25
Tu/Th	6:00-6:25pm	10/9-11/1	\$72 / \$96	202100.26
Tu/Th	6:00-6:25pm	11/6-12/4	\$72 / \$96	202100.27

10, 25 minute classes		no class 10/7		
Su	10:00-10:25am	9/9-11/18	\$90 / \$120	202100.70
Su	11:30-11:55am	9/9-11/18	\$90 / \$120	202100.71

Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

6, 25 minute classes		no class 10/6, 10/8, 11/21, 11/24		
M	10:30-10:55am	9/10-10/22	\$54 / \$72	202200.10
M	10:30-10:55am	10/29-12/3	\$54 / \$72	202200.13
W	10:30-10:55am	9/12-10/17	\$54 / \$72	202200.30
W	10:30-10:55am	10/24-12/5	\$54 / \$72	202200.32
Sa	9:00-9:25am	9/8-10/20	\$54 / \$72	202200.60
Sa	10:00-10:25am	9/8-10/20	\$54 / \$72	202200.61
Sa	9:00-9:25am	10/27-12/8	\$54 / \$72	202200.62
Sa	10:00-10:25am	10/27-12/8	\$54 / \$72	202200.63

8, 25 minute classes		no class 10/31, 11/21, 11/22		
M/W	7:00-7:25pm	9/10-10/3	\$72 / \$96	202200.11
M/W	7:00-7:25pm	10/10-11/7	\$72 / \$96	202200.12
M/W	7:00-7:25pm	11/12-12/10	\$72 / \$96	202200.14
M/W	6:00-6:25pm	9/10-10/3	\$72 / \$96	202200.17
M/W	6:00-6:25pm	10/10-11/7	\$72 / \$96	202200.18
M/W	6:00-6:25pm	11/12-12/10	\$72 / \$96	202200.19
Tu/Th	6:30-6:55pm	9/11-10/4	\$72 / \$96	202200.21
Tu/Th	6:30-6:55pm	10/9-11/1	\$72 / \$96	202200.22
Tu/Th	6:30-6:55pm	11/6-12/4	\$72 / \$96	202200.24
Tu/Th	7:30-7:55pm	9/11-10/4	\$72 / \$96	202200.20
Tu/Th	7:30-7:55pm	10/9-11/1	\$72 / \$96	202200.23
Tu/Th	7:30-7:55pm	11/6-12/4	\$72 / \$96	202200.25

10, 25 minute classes		no class 10/7		
Su	10:30-10:55am	9/9-11/18	\$90 / \$120	202200.70

Preschooler 3 Age 3-5

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute classes		no class 10/6, 10/8, 11/21, 11/24		
M	11:00-11:25am	9/10-10/22	\$54 / \$72	202300.10
M	11:00-11:25am	10/29-12/3	\$54 / \$72	202300.13
W	11:00-11:25am	9/12-10/17	\$54 / \$72	202300.30
W	11:00-11:25am	10/24-12/5	\$54 / \$72	202300.32
Sa	10:30-10:55am	9/8-10/20	\$54 / \$72	202300.60
Sa	10:30-10:55am	10/27-12/8	\$54 / \$72	202300.61
Sa	11:30-11:55am	9/8-10/20	\$54 / \$72	202300.62
Sa	11:30-11:55am	10/27-12/8	\$54 / \$72	202300.63

WACKY WEDNESDAY
12:00-3:00PM

AGE 12 & UNDER
\$5 PARENT/CHILD
\$2 EACH ADDITIONAL CHILD

Come join us in the pool for great fun and games for the younger crowd. The training pool will be available for kids (must be with an adult in the water) and filled with our wacky water toys. Programming may occur during this time using some areas of the pool.

Preschooler 3 (continued)

8, 25 minute classes		no class 10/31, 11/21, 11/22		
M/W	5:00-5:25pm	9/10-10/3	\$72 / \$96	202300.11
M/W	5:00-5:25pm	10/10-11/7	\$72 / \$96	202300.12
M/W	5:00-5:25pm	11/12-12/10	\$72 / \$96	202300.14
Tu/Th	5:30-5:55pm	9/11-10/4	\$72 / \$96	202300.21
Tu/Th	5:30-5:55pm	10/9-11/1	\$72 / \$96	202300.22
Tu/Th	5:30-5:55pm	11/6-12/4	\$72 / \$96	202300.24

10, 25 minute classes		no class 10/7		
Su	11:00-11:25am	9/9-11/18	\$90 / \$120	202300.70

Preschooler 4 Age 3-5

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute classes		no class 10/6		
Sa	11:00-11:25am	9/8-10/20	\$54 / \$72	202400.60
Sa	11:00-11:25am	10/27-12/8	\$54 / \$72	202400.61

8, 25 minute classes		no class 10/31, 11/21, 11/22		
M/W	5:30-5:55pm	9/10-10/3	\$72 / \$96	202400.11
M/W	5:30-5:55pm	10/10-11/7	\$72 / \$96	202400.12
M/W	5:30-5:55pm	11/12-12/10	\$72 / \$96	202400.14
Tu/Th	5:00-5:25pm	9/11-10/4	\$72 / \$96	202400.21
Tu/Th	5:00-5:25pm	10/9-11/1	\$72 / \$96	202400.22
Tu/Th	5:00-5:25pm	11/6-12/4	\$72 / \$96	202400.24

10, 25 minute classes		no class 10/7		
Su	9:30-9:55am	9/9-11/18	\$90 / \$120	202400.70

Preschooler 5 Age 3-5

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

6, 25 minute classes		no class 10/6, 11/24		
Sa	11:30-11:55am	9/8-10/20	\$54 / \$72	202500.60
Sa	11:30-11:55am	10/27-12/8	\$54 / \$72	202500.61

» Youth

ATTENTION: Parents should **read class requirements and descriptions carefully** to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Swim 1 Age 6-12

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

6, 30 minute classes no class 10/6, 11/24

Sa	11:00-11:30am	9/8-10/20	\$54 / \$72	203110.60
Sa	11:00-11:30am	10/27-12/8	\$54 / \$72	203110.61

8, 30 minute classes no class 10/31, 11/21, 11/22

M/W	6:00-6:30pm	9/10-10/3	\$72 / \$96	203110.11
M/W	6:00-6:30pm	10/10-11/7	\$72 / \$96	203110.12
M/W	6:00-6:30pm	11/12-12/10	\$72 / \$96	203110.13
Tu/Th	5:00-5:30pm	9/11-10/4	\$72 / \$96	203110.21
Tu/Th	5:00-5:30pm	10/9-11/1	\$72 / \$96	203110.22
Tu/Th	5:00-5:30pm	11/6-12/4	\$72 / \$96	203110.23

10, 30 minute classes no class 10/7

Su	11:30am-12:00pm	9/9-11/18	\$90 / \$120	203110.70
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Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

6, 30 minute classes no class 10/6, 11/24

Sa	10:30-11:00am	9/8-10/20	\$54 / \$72	203210.60
Sa	10:30-11:00am	10/27-12/8	\$54 / \$72	203210.61

8, 30 minute classes no class 10/31, 11/21, 11/22

M/W	6:30-7:00pm	9/10-10/3	\$72 / \$96	203210.11
M/W	6:30-7:00pm	10/10-11/7	\$72 / \$96	203210.12
M/W	6:30-7:00pm	11/12-12/10	\$72 / \$96	203210.13
M/W	7:00-7:30pm	9/10-10/3	\$72 / \$96	203210.16
M/W	7:00-7:30pm	10/10-11/7	\$72 / \$96	203210.17
M/W	7:00-7:30pm	11/12-12/10	\$72 / \$96	203210.18
Tu/Th	5:30-6:00pm	9/11-10/4	\$72 / \$96	203210.21
Tu/Th	5:30-6:00pm	10/9-11/1	\$72 / \$96	203210.22
Tu/Th	5:30-6:00pm	11/6-12/4	\$72 / \$96	203210.23
Tu/Th	7:30-8:00pm	9/11-10/4	\$72 / \$96	203210.24
Tu/Th	7:30-8:00pm	10/9-11/1	\$72 / \$96	203210.25
Tu/Th	7:30-8:00pm	11/6-12/4	\$72 / \$96	203210.26

10, 30 minute classes no class 10/7

Su	11:00-11:30am	9/9-11/18	\$90 / \$120	203210.70
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Swim 3 Age 6-12

Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

6, 30 minute classes no class 10/6, 11/24

Sa	10:00-10:30am	9/8-10/20	\$54 / \$72	203310.60
Sa	10:00-10:30am	10/27-12/8	\$54 / \$72	203310.61

Swim 3 (continued)

8, 30 minute classes no class 10/31, 11/21, 11/22

M/W	5:30-6:00pm	9/10-10/3	\$72 / \$96	203310.11
M/W	5:30-6:00pm	10/10-11/7	\$72 / \$96	203310.12
M/W	5:30-6:00pm	11/12-12/10	\$72 / \$96	203310.14
M/W	7:30-8:00pm	9/10-10/3	\$72 / \$96	203310.13
M/W	7:30-8:00pm	10/10-11/7	\$72 / \$96	203310.15
M/W	7:30-8:00pm	11/12-12/10	\$72 / \$96	203310.16
Tu/Th	6:30-7:00pm	9/11-10/4	\$72 / \$96	203310.21
Tu/Th	6:30-7:00pm	10/9-11/1	\$72 / \$96	203310.22
Tu/Th	6:30-7:00pm	11/6-12/4	\$72 / \$96	203310.23
Tu/Th	7:00-7:30pm	9/11-10/4	\$72 / \$96	203310.24
Tu/Th	7:00-7:30pm	10/9-11/1	\$72 / \$96	203310.25
Tu/Th	7:00-7:30pm	11/6-12/4	\$72 / \$96	203310.28

10, 30 minute classes no class 10/7

Su	10:30-11:00am	9/9-11/18	\$90 / \$120	203310.70
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Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

6, 30 minute classes no class 10/6, 11/24

Sa	9:30-10:00am	9/8-10/20	\$54 / \$72	203410.60
Sa	9:30-10:00am	10/27-12/8	\$54 / \$72	203410.61

8, 30 minute classes no class 10/31, 11/21, 11/22

M/W	5:00-5:30pm	9/10-10/3	\$72 / \$96	203410.11
M/W	5:00-5:30pm	10/10-11/7	\$72 / \$96	203410.12
M/W	5:00-5:30pm	11/12-12/10	\$72 / \$96	203410.14
Tu/Th	6:00-6:30pm	9/11-10/4	\$72 / \$96	203410.21
Tu/Th	6:00-6:30pm	10/9-11/1	\$72 / \$96	203410.22
Tu/Th	6:00-6:30pm	11/6-12/4	\$72 / \$96	203410.23

10, 30 minute classes no class 10/7

Su	10:00-10:30am	9/9-11/18	\$90 / \$120	203410.70
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Float Night



Our **Pirate Ship float** will be out to play on the **third Friday of every month** from **7:30-9:30pm**.

Play on the float or bring your own floats and toys and have fun with the whole family.

Did You Know?
The Pirate Ship sets sail in the pool most **Saturdays & Sundays from 1:30-3:30pm!**



Enrollment in swim lessons is the best thing parents can do to prevent accidental drowning.

Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

6, 45 minute classes no class 10/6, 11/24

Sa	8:45-9:30am	9/8-10/20	\$81 / \$108	203510.60
Sa	8:45-9:30am	10/27-12/8	\$81 / \$108	203510.61

10, 45 minute classes no class 10/7

Su	9:15-10:00am	9/9-11/18	\$135 / \$180	203510.70
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» Adapted Aquatics Age 6-12

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call the Aquatics Services Manager at 703-435-6800 x2128 if you have any questions regarding this program. Parents may need to assist in the water if there is a lack of volunteers.

Beginner Age 6-12

Focus is on water adjustment, safety and skills that are tailored to the needs of each participant.

6, 30 minute classes no class 11/23

F	4:00-4:30pm	9/14-10/19	\$54 / \$72	203810.50
F	4:30-5:00pm	9/14-10/19	\$54 / \$72	203810.51
F	4:00-4:30pm	10/26-12/7	\$54 / \$72	203810.52
F	4:30-5:00pm	10/26-12/7	\$54 / \$72	203810.53

Advanced Age 6-12

The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

6, 30 minute classes no class 11/23

F	5:00-5:30pm	9/14-10/19	\$54 / \$72	203910.50
F	5:00-5:30pm	10/26-12/7	\$54 / \$72	203910.51

FREE SWIM EVALUATIONS

If you do not know which class is appropriate for your child, please contact Christina Bolzman, Aquatic Programming Specialist, at 703-435-6800 x2134 to schedule an evaluation at no charge.

Diving Guidelines

Introduction to Diving

No previous diving experience necessary, but must be able to:

- » Be comfortable in deep water
- » Swim 25 yards

Diving 1

Successful completion of Introduction to Diving or the ability to:

- » Be comfortable in deep water
- » Swim 25 yards
- » Dive head first from the side of the pool

Diving 2

Successful completion of Diving 1 or the ability to:

- » Swim 25 yards
- » Forward approach of 3 steps, hurdle & tuck dive
- » Instructor permission recommended

» Diving

Introduction to Diving Age 7-14

Teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

6, 30 minute classes no class 11/22

Tu	5:45-6:15pm	9/11-10/16	\$54 / \$72	204510.20
Tu	5:45-6:15pm	10/23-11/27	\$54 / \$72	204510.21
Th	5:15-5:45pm	9/13-10/18	\$54 / \$72	204510.40
Th	5:15-5:45pm	10/25-12/6	\$54 / \$72	204510.41

Diving 1 Age 7-14

Introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

6, 45 minute classes no class 11/22

Tu	6:15-7:00pm	9/11-10/16	\$81 / \$108	204610.20
Tu	6:15-7:00pm	10/23-11/27	\$81 / \$108	204610.21
Th	5:45-6:30pm	9/13-10/18	\$81 / \$108	204610.40
Th	5:45-6:30pm	10/25-12/6	\$81 / \$108	204610.41

Diving 2 Age 7-14

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

6, 45 minute classes

Tu	7:00-7:45pm	9/11-10/16	\$81 / \$108	204710.20
Tu	7:00-7:45pm	10/23-11/27	\$81 / \$108	204710.21

6, 60 minute classes no class 11/22

Th	6:30-7:30pm	9/13-10/18	\$108 / \$144	204710.40
Th	6:30-7:30pm	10/25-12/6	\$108 / \$144	204710.41

Diving-High School Prep Age 13-18

This intensive diving class will help you get ready now for next year's high school diving season.

7, 60 minute classes

Th	7:30-8:30pm	9/13-10/25	\$126 / \$168	204910.40
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» Youth Developmental

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team.

Youth Developmental 1 Age 5-16

Youth Developmental 1 swimmers must be able to swim 25 yards of front crawl with rotary breathing and 25 yards of backstroke without stopping.

6, 45 minute classes no class 10/6, 11/24

Sa	11:45am-12:30pm	9/8-10/20	\$72 / \$99	204110.60
Sa	11:45am-12:30pm	10/27-12/8	\$72 / \$99	204110.61

10, 45 minute classes no class 10/7

Su	11:30am-12:15pm	9/9-11/18	\$120 / \$165	204110.70
Su	4:00-4:45pm	9/9-11/18	\$120 / \$165	204110.71
Su	5:30-6:15pm	9/9-11/18	\$120 / \$165	204110.72

Youth Developmental 2 Age 5-16

Youth Developmental 2 swimmers must be able to swim 50 yards each of front crawl with rotary breathing and backstroke without stopping, plus 25 yards each of legal butterfly and breaststrokes.

6, 45 minute classes no class 10/6, 11/24

Sa	11:00-11:45am	9/8-10/20	\$72 / \$99	204210.60
Sa	11:00-11:45am	10/27-12/8	\$72 / \$99	204210.61

10, 45 minute classes no class 10/7

Su	10:45-11:30am	9/9-11/18	\$120 / \$165	204210.70
Su	4:45-5:30pm	9/9-11/18	\$120 / \$165	204210.71
Su	6:15-7:00pm	9/9-11/18	\$120 / \$165	204210.72

Welcome Richard Romero, Herndon Aquatic Club Head Coach



Richard Romero comes to the HCC from Central New Jersey where he has been working in aquatics for the past 12 years. He was born in Puerto Rico and competed in swimming and water polo events through college. Richard was

a member of the Puerto Rican Swim Team and Water Polo Team from 1989-1995. He has worked in aquatics for over 24 years holding a variety of positions; swim team coach, aquatics director, and pool technician.

Richard has extensive experience as a U.S.A. swimming coach, a YMCA swimming coach, and was an Olympic trial qualifying coach. His coaching style is all about technique and the basics of each stroke. He is excited to lay a foundation with the HAC team and build it up to be the best it can be!

» Adult UPDATED!

Adult Intro to Swimming (Level 1) Age 16 & up

Interested in learning to swim but not yet comfortable in the water? Then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water is taught. Basic stroke technique is introduced.

6, 45 minute classes no class 10/6, 10/8, 11/24

M	10:15-11:00am	9/10-10/22	\$78 / \$108	206130.10
Sa	10:30-11:15am	9/8-10/20	\$78 / \$108	206130.60
Sa	10:30-11:15am	10/27-12/8	\$78 / \$108	206130.61

10, 45 minute classes no class 10/7

Su	9:45-10:30am	9/9-11/18	\$130 / \$180	206130.71
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Adult Beginner (Level 2) Age 16 & up

For students who have passed Adult Intro to Swimming, or those who are comfortable in the water, can float independently, and have rudimentary understanding of freestyle. This class will introduce you to rotary breathing and backstroke.

6, 45 minute classes no class 10/6, 10/8, 11/24

M	9:30-10:15am	9/10-10/22	\$78 / \$108	206230.10
Sa	11:15am-12:00pm	9/8-10/20	\$78 / \$108	206230.60
Sa	11:15am-12:00pm	10/27-12/8	\$78 / \$108	206230.61

10, 45 minute classes no class 10/7

Su	10:30-11:15am	9/9-11/18	\$130 / \$180	206230.70
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Adult Intermediate (Level 3) Age 16 & up

This class is for anyone who has completed Adult Beginner or is looking for stroke improvement. The student should be able to swim 15 yards of front crawl with rotary breathing and 15 yards of backstroke. Students will work on refined breathing technique, stroke refinement, coordination, endurance, and learn breaststroke. Strokes learned in previous courses will be performed at increased distances. If you were previously in the Adult Advanced Beginner class, this is the right level for you.

6, 45 minute classes no class 10/6, 11/24

Sa	12:00-12:45pm	9/8-10/20	\$78 / \$108	206330.60
Sa	12:00-12:45pm	10/27-12/8	\$78 / \$108	206330.61

NEW! 8, 45 minute classes no class 11/22

Tu/Th	8:30-9:15pm	9/11-10/4	\$104 / \$144	206330.20
Tu/Th	8:30-9:15pm	10/9-11/1	\$104 / \$144	206330.21
Tu/Th	8:30-9:15pm	11/6-12/4	\$104 / \$144	206330.22

10, 45 minute classes no class 10/7

Su	11:15am-12:00pm	9/9-11/18	\$130 / \$180	206330.70
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Masters Swim Team Age 18 & up

Come and get a great workout with other swimmers. Workouts are planned and coached by certified swim coaches. Drop-ins welcome! (\$10 Drop-in fee per practice)

23, 60 minute classes no class 10/8, 10/31, 11/21

M/W	8:30-9:30pm	9/10-12/5	\$92 / \$138	206630.10
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HCC Admission Specials

\$2	\$5
TUESDAYS (for seniors 65+) All Day	FRIDAYS (from 12:00-9:30pm) All Ages

» Aquatic Fitness

Power Splash Age 16 & up

Get energized with a complete and total-body cardio and resistance workout in deep water. Invigorating and energetic way to start the weekend. Class uses a variety of flotation devices including noodles, kickboards, medicine balls, plyometrics, and other water resistance devices. Music inspired power moves to help you improve your total body water workout. Participants must be comfortable in deep water.

12, 60 minute classes		no class 11/23		
F	7:30-8:30am	9/14-12/7	\$108 / \$144	208230.50

Therapeutic Water Workout Age 16 & up

Low-intensity water exercise program designed for those with chronic illnesses: arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Rubber-soled water shoes are recommended.

27, 60 minute classes		no class 11/22		
Tu/Th	10:00-11:00am	9/11-12/13	\$243 / \$432	208330.20

Senior Water Aerobics Age 16 & up

Exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber-soled water shoes are strongly recommended.

12, 60 minute classes		no class 11/23		
F	9:00-10:00am	9/14-12/7	\$108 / \$144	208440.50

26, 60 minute classes		no class 10/8, 11/21		
M/W	9:00-10:00am	9/10-12/12	\$234 / \$312	208440.10

Water Aerobics Age 16 & up

The total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled water shoes are strongly recommended.

27, 60 minute classes		no class 11/22		
Tu/Th	9:30-10:30am	9/11-12/13	\$243 / \$324	208530.20

Water Walking Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.

26, 60 minute classes		no class 10/8, 11/21		
M/W	8:00-9:00am	9/10-12/12	\$234 / \$312	208630.10

Check out the NEW Class
LAND & SEA:
Fitness-Aqua Fusion
on page 12

Deep Water 1 Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

11, 60 minute classes		no class 10/6, 11/24		
Sa	8:00-9:00am	9/15-12/8	\$99 / \$132	208730.60

25, 60 minute classes		no class 10/8, 10/31, 11/21		
M/W	6:30-7:30pm	9/10-12/12	\$225 / \$300	208730.10

27, 60 minute classes		no class 11/22		
Tu/Th	8:30-9:30am	9/11-12/13	\$243 / \$324	208730.20

Deep Water 2 Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

25, 60 minute classes		no class 10/8, 10/31, 11/21		
M/W	7:30-8:30pm	9/10-12/12	\$225 / \$300	208830.10



Exercising in the water helps increase strength, flexibility and agility.

Family Fitness & Fun FEST FREE

SATURDAY, SEPTEMBER 15

9AM-12PM TOWN HALL SQUARE, 130 ELDEN STREET

See page 36 for more details!

NEW! **FITNESS LEVELS**

Use the following classifications to help you find fitness programs appropriate for your ability & goals:

Level 1: Health Seeker – Ideal for individuals who are new to exercise, deconditioned, sedentary, or returning from injury or illness.

Level 2: Progress Maker – Ideal for physically active participants looking to improve function, mitigate pain or chronic conditions, develop new abilities, & increase baseline fitness levels.

Level 3: Recreational Player – Ideal for athletic participants looking to elevate their established fitness levels, learn advanced skills, improve body aesthetics, & boost sport performance.

Level 4: Athletic Competitor – Ideal for athletes training for peak performance in sports or competition and looking to maximize strength, mobility, speed, quickness, & power.

» Small Group Personal Training

The Big Downsize Age 16 & up **Level 1**

A fun and encouraging class designed especially for participants who have more than 50 pounds to lose. Special consideration is given to the unique mental and physical challenges of being extremely overweight. This class addresses both social and physical barriers to working out – such as exercising in public and getting up and down off the floor. The class meets in an exclusively reserved training studio and promotes good health habits in a low-key, educational, non-judgmental environment.

14, 60 minute classes

M	7:00-8:00pm	9/10-12/10	\$119 / \$159	220230.10
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15, 60 minute classes

W	7:00-8:00pm	9/5-12/12	\$128 / \$170	220230.30
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Circuit Breaker Age 16 & up **Level 2**

Amp up your workout in this electrifying circuit style class! Circuit training is a total body challenge that is designed to combine resistance training and cardio – targeting strength building, improved agility, and muscular endurance. (This class is also a great natural progression for those who are ready to move up from The Big Downsize).

14, 60 minute classes

M	6:00-7:00pm	9/10-12/10	\$119 / \$159	220530.10
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Cyclist Cross-Training Age 16 & up **Level 2**

Cycling enthusiasts – be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

15, 60 minute classes

Tu	6:00-7:00pm	9/4-12/11	\$128 / \$170	222850.20
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Fit Boxing Age 16 & up **Level 3**

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life. Please bring wraps and bag gloves (MMA gloves are fine).

14, 60 minute classes **no class 11/22**

Th	7:30-8:30pm	9/6-12/13	\$119 / \$159	220330.40
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NEW! **Fitness Happy Hour** Age 16 & up **Level 2**

You made it through the work-week! Time to de-stress, burn calories, and have some fun by kicking-off your weekend with a great workout. A dynamic warm-up, cardio & strength intervals, and a dose of core work will leave you feeling exhilarated and ready for whatever your weekend plans may bring.

14, 45 minute classes **no class 11/23**

F	5:30-6:15pm	9/7-12/14	\$90 / \$119	220830.50
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NEW! **Kettlebell Training** Age 16 & up

Kettlebells provide an amazing workout in a relatively short amount of time, but mastering technique and proper form are imperative to reaping the benefits and preventing injury. They strengthen key muscles of the lower body, challenge core and upper body, and are highly effective in improving total-body strength. Because of the high-intensity nature of this style of training, it is also a great cardio boost. The beginner class teaches basic kettlebell moves and builds to progressions over the course of the session.

Advanced **Level 3**

14, 60 minute classes **no class 11/22**

Th	5:30-6:30pm	9/6-12/13	\$119 / \$159	221430.40
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Intermediate **Level 2**

14, 60 minute classes **no class 11/22**

Th	6:30-7:30pm	9/6-12/13	\$119 / \$159	221430.41
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Lunch Crunch Age 16 & up **Level 2**

A great way to fit a workout into your busy work-week. Are you too crunched for time at the end of the day for a workout? Do you need better exercises than just ab crunches on the floor? Then mix it up and pack it all in with this total-body strength circuit.

14, 60 minute classes **no class 11/22**

M	12:00-1:00pm	9/10-12/10	\$119 / \$159	220730.10
Th	12:00-1:00pm	9/6-12/13	\$119 / \$159	220730.40

15, 60 minute classes

Tu	12:00-1:00pm	9/4-12/11	\$128 / \$170	220730.20
W	12:00-1:00pm	9/5-12/12	\$128 / \$170	220730.30

Morning Buzz Age 16 & up **Level 2**

Roll out of bed and get ready to start your day with a bit of sweat and a fantastic jolt to your metabolism! Hit every muscle group as you burn calories, zipping through power, strength & cardio stations using different fitness equipment, including battle ropes, ViPR, BOSU and TRX. Enjoy the energy buzz you'll feel all day.

14, 60 minute classes **no class 11/23**

F	6:15-7:15am	9/7-12/14	\$119 / \$159	220930.50
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15, 60 minute classes

W	6:15-7:15am	9/5-12/12	\$128 / \$170	220930.30
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Be Dedicated

NEW! **Move Well: Mobility Training** Age 16 & up **Level 1**

Move your body freely, easily, and pain free. This class combines stretching, myofascial release, and dynamic movement-quality exercises to improve physical function, movement patterns and joint range of motion. Optimized mobility helps you enjoy freedom of movement, limits pain with movement, and increases your overall fitness & performance. *This class is beneficial for all fitness levels.

15, 60 minute classes

Tu	10:30-11:30am	9/4-12/11	\$128 / \$170	220630.20
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14, 60 minute classes no class 11/22

Th	10:30-11:30am	9/6-12/13	\$119 / \$159	220630.40
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NEW! **Pure Cardio!** Age 16 & up **Level 3**

No treadmills, no bikes, no problem! This class challenges you with non-traditional cardio movements & drills in a fun and fast-paced environment. The goal? To burn calories and get your heart pumping! Combining high- and low-impact drills and exercises- with and without hand weights- you will drive your cardio fitness to new and greater levels. Each class, participants can expect a dynamic warm-up followed by consistent bouts of jumping, plyometrics and quick transitions from standing exercises down to the floor.

14, 45 minute classes

M	5:15-6:00pm	9/10-12/10	\$90 / \$119	225230.10
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Small Group Training for Teachers Age 16 & up **Level 2**

Teachers! Get the benefit of working out with a personal trainer at a fraction of the cost. Small Group Personal Training for Teachers is not only a great value, but is conveniently scheduled after school. Open to non-teachers, too!

14, 60 minute classes

M	4:15-5:15pm	9/10-12/10	\$119 / \$159	222530.11
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15, 60 minute classes

W	4:45-5:45pm	9/5-12/12	\$128 / \$170	222530.31
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TRX Suspension Training Age 16 & up **Level 1**

TRX provides a full body workout like you've never experienced before. These straps fire up the core and work muscles you didn't even know you had while allowing modifications for all ages and levels.

14, 45 minute classes no class 11/23

F	8:30-9:15am	9/7-12/14	\$90 / \$119	222430.52
F	9:30-10:15am	9/7-12/14	\$90 / \$119	222430.51
F	12:15-1:00pm	9/7-12/14	\$90 / \$119	222430.50

NEW! **TRX Fusion** Age 16 & up **Level 3**

This exhilarating class combines TRX Suspension Training, the TRX Rip Trainer, and Kettlebell Complexes into one incredible workout! The Rip Trainer is a versatile weighted bar+bungee system that challenges balance, builds rotational power, increases stamina & strengthens your core. Along with the power of kettlebell training and the total body TRX, this workout will rock your world!

15, 45 minute classes

Tu	7:00-7:45pm	9/4-12/11	\$96 / \$128	222430.20
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RUN FOR FUN

Level 2

CALLING ALL RUNNERS! Join us for a weekly run led by a certified running coach to maintain your fitness level throughout the fall. When life gets busy, have a coach and supportive running group hold you accountable for a fun and stress-free weekly run. Focus on the basics of running, easy ways to add running into your exercise routine, and setting realistic goals. Weekly distance goals will be set by the coach. The first class will meet in the community center lobby and subsequent classes will meet outdoors. Please dress for the weather and wear appropriate running footwear and attire. Reflective gear/flashlights/blinking safety lights and/or headlamps encouraged as the evenings grow darker.

WEDNESDAYS **9/5-11/14** **6-7:15PM**
\$121 / \$143 **220130.30** **Age 16 & up**



Level 2

TURKEY TROT 5K Training

TUESDAYS **9/4-11/13**
6:00-7:15PM **\$151 / \$173**

AGE 16 & UP

Whether looking to finish your first 5K race, or improve on your personal best time, this training program will help you achieve your goal. Meet with a running coach weekly to work on running technique, building endurance, proper form, and strength gain. The first class will meet in the Herndon Community Center lobby and the following classes will meet outdoors. Please dress accordingly, including proper running shoes and attire. Reflective gear/flashlights/blinking safety lights and/or headlamps encouraged as the evenings grow darker. Race registration for the 2018 Turkey Trot included in cost of program. 227230.20

NEW!

LAND & SEA: Fitness-Aqua Fusion

Level 2 AGE 16 & UP

This fusion class brings together the benefits of land and water exercise formats. Mondays you'll workout in the PT Studio and focus on strength & muscle tone. Wednesdays meet in the shallow pool to work on flexibility & cardiovascular health. Get the best of both worlds with a balanced pair of workouts in and out of the water! **Age 16 & up**

MONDAY & WEDNESDAY
1:30-2:30PM

9/10-10/24 \$119 / \$159 221130.10
10/29-12/12 \$119 / \$159 221130.11

NEW!

Youth Sports Training

Level 2 AGE 12-16

Athletic development program designed for young athletes. Perfect preparation for school sports. Work with a Strength & Conditioning Coach to improve your speed, agility, quickness, core strength & power - all with an eye on peak athletic performance.

TUESDAYS 9/4-12/11
3:30-4:25PM \$102 / \$136 222123.40

THURSDAYS 9/6-12/13 NO CLASS 11/22
3:30-4:25PM \$96 / \$127 222123.20

Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register. Monday-Friday | 6:00-7:15am

AGE 4 & UP



Saturday, November 17

RACE STARTS AT 4:00PM

PACKET PICK-UP

FRIDAY, NOVEMBER 16 5:00-8:00PM
SATURDAY, NOVEMBER 17 1:30-3:30PM

Herndon Parks and Recreation Department is hosting the annual Turkey Trot 5K. Come out and enjoy a trail course 5K with the family! Packet pick-up and pre-registration will run from 5:00-8:00pm on Friday, November 16. Packet pick-up and race day registration will run from 1:30-3:30pm on Saturday, November 17. Long sleeve Sport Tek T-shirts guaranteed to the first 900 pre-registered runners. T-shirts must be picked up the day of the race.

Prizes to 1st and 2nd place winners in the following age groups: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over. A turkey and all the trimmings will be given to the overall male and female winners.

REGISTRATION

Registration forms will be available online and at the Herndon Community Center in late September. Online registration ends at 12pm on November 16. The registration fee is \$30 at the Friday evening packet pick-up.

Online registration is available at herndon-va.gov/recreation & Active.com.

PRE-REGISTRATION:

Adults: \$30 and a can of food for donation
257150.60 Age 19 & up

Youth: \$20 and a can of food for donation
257150.61 Age 18 & under

RACE DAY REGISTRATION:

Adults: \$35 & a can of food for donation

Youth: \$20 and a can of food for donation

ALL FOOD WILL BE DONATED TO LINK.



PLEASE NOTE:

Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

» **Active Adult Classes**

Balance Training Age 55 & up **Level 1**

Balance is key to maintaining independence as you age, fall prevention, and performing 'activities of daily living' well. Class focuses on both static balance (maintaining position over base of support) and dynamic balance (ability to react to perturbations and transitions from on- to off-balance). Format includes warm-up, balance & posture specific exercises, and general strength training.

15, 55 minute classes

Tu	9:30-10:25am	9/4-12/11	\$102 / \$136	221730.20
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14, 55 minute classes no class 11/22

Th	9:30-10:25am	9/6-12/13	\$96 / \$127	221730.40
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Strength Circuit Age 55 & up **Level 1**

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions.

15, 55 minute classes

Tu	1:30-2:25pm	9/4-12/11	\$102 / \$136	221940.20
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14, 55 minute classes no class 11/22

Th	9:30-10:25am	9/6-12/13	\$96 / \$127	221940.40
Th	1:30-2:25pm	9/6-12/13	\$96 / \$127	221940.41

Turn Back the Clock Age 55 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some effects of aging. Format includes dynamic warm-up, stretching, resistance training & core strengthening.

Level 2

14, 55 minute classes

M	8:30-9:25am	9/10-12/10	\$96 / \$127	221830.10
M	9:30-10:25am	9/10-12/10	\$96 / \$127	221830.11

15, 55 minute classes

W	9:30-10:25am	9/5-12/12	\$102 / \$136	221830.31
W	6:00-6:55pm	9/5-12/12	\$102 / \$136	221830.32

Level 3

15, 55 minute classes

W	8:30-9:25am	9/5-12/12	\$102 / \$136	221830.30
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Small Group Training keeps participants motivated.

**Meet Trey Simkins:
Personal Trainer**



Trey graduated from Liberty University and is a Certified Personal Trainer with the American Council on Exercise. He has a strong belief in the importance of training flexibility and core strength to maintain your mobility at every stage of life. Trey also has a passion and expertise for coaching young athletes. With his experience and knowledge, he is here to help you reach your sport & fitness goals!

Take advantage of the free drop-off babysitting service run by our friendly staff.

Kid Care

MORNING:

M/W 9:00-11:30am
Tu/Th 9:00am-12:00pm

EVENING:

M/Tu 5:30-8:15pm
W/Th 5:00-8:00pm
F 5:15-7:00pm

Children 10 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.



BOOT CAMP FOR WOMEN & MEN

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability.

Classes held outdoors at the Herndon Community Center/Bready Park.

Other locations: Check our updated listing on www.FIResults.com or call **1-877-62SHAPE (877-627-4273)** for more information. Guaranteed Results!

Zombie ZUMBA Party!

\$10

FRIDAY, OCTOBER 19
7:30-9PM

It's just a thriller of a night! Come dressed in your rise-from-the-grave best, and ZUMBA into the dead of the night! We'll scare up all your favorite moves, grooves and music for one great night of fun!

Refreshments, door prizes, guest instructors, and a whole lot of dancing!

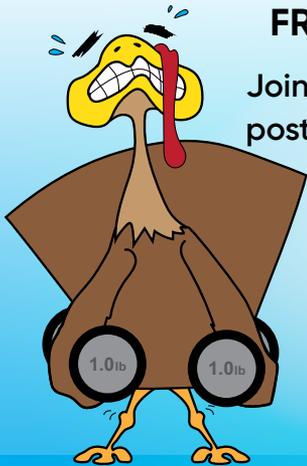
All proceeds benefit the Parks and Recreation Scholarship Fund, which enables those who are unable to participate in programs or camps.

AGE 16 & up

226830.50

BURN THE BIRD

FRIDAY, NOVEMBER 23



Join us for a fantastic pair of post-Thanksgiving workouts.

Enjoy your Thanksgiving feast, then take the guilt out of all those calories by getting your PUMP & ZUMBA on early Friday morning.

BODYPUMP™
9-10am



ZUMBA®
10:15-11:15am

NOR

» Personal Training

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you, and support you so that you may reach your desired fitness goals! *Online registration not available.*



TOM



KAREN

3-SESSION STARTER PACK*

*New training clients only

30 minute sessions
3 workouts \$99 / \$132

ONE-ON-ONE PERSONAL TRAINING

30 minute sessions
1 workout \$36 / \$48
6 workouts \$180 / \$239
10 workouts \$244 / \$325

45 minute sessions
1 workout \$47 / \$63
6 workouts \$237 / \$315
10 workouts \$349 / \$464

60 minute sessions
1 workout \$64 / \$85
6 workouts \$317 / \$422
10 workouts \$462 / \$615



TREY



DEANNA

TWO-ON-ONE PARTNER TRAINING

(Pricing is PER PERSON)

60 minute sessions
1 workout \$34 / \$45
6 workouts \$190 / \$253
10 workouts \$300 / \$399



MIRO

ONE-ON-ONE YOUTH TRAINING

Age 12-15
45 minute sessions
1 workout \$38 / \$51
6 workouts \$190 / \$253
10 workouts \$282 / \$375



KALEEN

TWO-ON-ONE YOUTH TRAINING

Age 12-15 (Pricing is PER PERSON)
60 minute sessions
1 workout \$32 / \$43
6 workouts \$162 / \$215
10 workouts \$240 / \$319



DAVID

FALL 2018 DROP-IN EXERCISE CLASS SCHEDULE

MON.	Body Blaster Circuit 9:30-10:30am	Total Body Sculpt 10:40-11:30am	ZUMBA fitness 5:30-6:30pm	LES MILLS BODYPUMP 6:40-7:40pm	ZUMBA fitness 6:45-7:45pm		
TUE.	ZUMBA fitness 6:00-7:00am	Cardio-Sculpt Intervals 9:30-10:30am	Ab Express 12:15-1:00pm	ZUMBA fitness 5:30-6:30pm	LES MILLS BODYCOMBAT 5:30-6:30pm	LES MILLS BODYPUMP 6:40-7:40pm	
WED.	Body Blaster Circuit 9:30-10:30am	Total Body Sculpt 10:40-11:30am	ZUMBA fitness 5:00-6:00pm	LES MILLS BODYPUMP 6:00-7:00pm	ZUMBA fitness 7:10-8:10pm		
THR.	ZUMBA fitness 6:00-7:00am	Cardio-Sculpt Intervals 9:30-10:30am	Ab Express 12:15-1:00pm	ZUMBA fitness 5:30-6:30pm	LES MILLS BODYCOMBAT 5:30-6:30pm	LES MILLS BODYPUMP 6:40-7:40pm	No Class 11/22
FRI.		ZUMBA fitness 5:25-6:25pm	<ul style="list-style-type: none"> » Instructor subject to change during the season. » Please do not enter a class more than ten minutes past the scheduled start time. » Drop-In Exercise classes are designed for age 16 & up. » Please consult your doctor prior to starting any exercise program. » Some classes may reach capacity or have limited specialty equipment available. 		<ul style="list-style-type: none"> » Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300. » Drop-In classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates. 		
SAT.	LES MILLS BODYCOMBAT 8:00-9:00am	LES MILLS BODYPUMP 10:15-11:15am	ZUMBA fitness 11:30am-12:30pm	Use your smart phone to scan or go online to http://bit.ly/dropfit for the most up-to-date Drop-In Fitness Schedule.			
SUN.	LES MILLS BODYCOMBAT 9:00-10:00am						

SCHEDULE EFFECTIVE MONDAY, SEPTEMBER 10 – SATURDAY, DECEMBER 15

Body Blaster Circuit Age 16 & up

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.

M/W 9:30-10:30am



BODYCOMBAT™

BODYCOMBAT™ is a high-energy martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple so no need to be especially coordinated and no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Tu/Th 5:30-6:30pm **No Class 11/22**

Sa 8:00-9:00am

Su 9:00-10:00am



BODYPUMP™

BODYPUMP™ is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP™ gives you a total body workout that burns lots of calories. The rep effect – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a BODYPUMP™ class will help you achieve much more than you would be able to on your own!

M/Tu/Th 6:40-7:40pm **No Class 11/22**

W 6:00-7:00pm

Sa 10:15-11:15am

Ab Express Age 16 & up

Ab Express is a 45 minute intense core workout. You'll work your entire core and learn new exercises to help sculpt your body! This class is a great way to fit a quick, yet challenging, workout into your busy day.

Tu/Th 12:15-1:00pm **No Class 11/22**

Cardio/Sculpt Intervals (CSI) Age 16 & up

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

Tu/Th 9:30-10:30am **No Class 11/22**

NEW! Total Body Sculpt Age 16 & up

A challenging and dynamic muscle conditioning class that works your entire body each and every workout. The routines will work you in the most efficient & effective way to sculpt your muscles, build strength and improve your health. 50 minutes class format includes warm-up, resistance training using dumbbells, bands, tubes, exercise balls, & body bars, plus core strengthening and cool-down. Appropriate for all fitness levels. M/W 10:40-11:30am



ZUMBA®

A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

M/Tu/Th 5:30-6:30pm **No Class 11/22**

M 6:45-7:45pm

Tu/Th 6:00-7:00am **No Class 11/22**

W 5:00-6:00pm & 7:10-8:10pm

F 5:25-6:25pm **No Class 11/23**

Sa 11:30am-12:30pm

Hatha Yoga For Kids Age 5-15

This fun class develops concentration, strength, confidence, and self-control! Yoga teaches children about their bodies and how to honor their uniqueness. Age appropriate yoga postures, movements, and relaxation techniques help to create supple, strong bodies that can adapt to the dynamics of life. Additionally, Hatha Yoga for Kids stresses concentration and self-esteem.

9, 45 minute classes no class 9/23, 10/7
 Su | 2:30-3:15pm | 9/9-11/18 | \$67 / \$89 | 230430.00

Hatha Yoga Age 16 & up

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury.

9, 75 minute classes no class 9/23, 10/7
 Su | 1:00-2:15pm | 9/9-11/18 | \$101 / \$134 | 230330.00

NEW! Indian Wellness & Dance Age 16 & up

It's time to loosen up your tight joints and lighten up your inner selves with a Bharatanatyam dance class, a classical Indian dance form which includes simple and gentle movements with expressions. The class starts with a warmup followed by simplified dance movements to increase the cardiac output and then cools down with the yoga breathing exercises. This class provides great upper body strengthening, increases flexibility and cognitive abilities in the participants. No prior dance knowledge is required. Appropriate for all fitness levels. Join in and begin to feel happy about yourselves in terms of both body and mind.

Try it to see if this new class is for you!

FREE DEMO CLASS
 August 22 at 8:05pm.

No registration required.

8, 60 minute classes no class 10/31
 W | 8:05-9:05pm | 9/12-11/7 | \$72 / \$96 | 230630.30

Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that uses exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

12, 90 minute classes no class 11/22
 Th | 7:00-8:30pm | 9/13-12/6 | \$121 / \$161 | 230130.40

Gentle Yoga For Seniors Age 55 & up

Gentle Yoga is a functional fitness based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

12, 60 minute classes
 M | 2:30-3:30pm | 9/10-11/26 | \$120 / \$160 | 230040.10
 W | 2:30-3:30pm | 9/12-11/28 | \$120 / \$160 | 230040.30

6, 60 minute classes *Mini Session*
 M/W | 2:30-3:30pm | 12/3-12/19 | \$60 / \$80 | 230040.11

Meditation Age 16 & up

Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with many years of experience in the health care field. The instructor uses meditation and related techniques to help students manage their stressful lives. This is a great class to pair with Tai Chi or Yoga. Senior discount does not apply.

12, 60 minute classes no class 11/23
 F | 11:30am-12:30pm | 9/14-12/7 | \$105 / \$140 | 231030.50

Pilates Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

12, 60 minute classes no class 10/6, 11/22, 11/24
 Th | 11:00am-12:00pm | 9/13-12/6 | \$109 / \$145 | 231130.40
 Sa | 9:00-10:00am | 9/8-12/8 | \$109 / \$145 | 231130.60

QiGong for Less-Stressed Holidays Age 16 & up

Explore techniques from ancient Chinese traditions and modern Tai Chi Masters to enhance your health and help manage your stress. Each class will include meditation, breathing, and acupressure practices, as well as the moving meditation practice known as QiGong. By the end of the session, you will have accumulated a variety of tools to help you manage the stress of the busy holiday season and beyond!

6, 60 minute classes no class 11/23
 F | 9:00-10:00am | 11/2-12/14 | \$84 / \$112 | 231331.50

★ HERNDON LABOR DAY FESTIVAL ★



Wine & Craft Beer Tasting

Monday
September 3
 11am-5pm

★ SEE PAGE 36 FOR DETAILS ★

Tai Chi for Beginners Age 16 & up

Learn a walking Tai Chi form incorporating movements from the four major styles of Tai Chi. Suitable for any level of Tai Chi experience, including absolute beginners. Senior discount does not apply.

5, 60 minute classes

F	9:00-10:00am	9/14-10/12	\$70 / \$84	231330.50
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Sun Style Tai Chi Age 16 & up

This class is designed for those with some Tai Chi experience. We will continue to explore the Sun Style of Tai Chi through the Tai Chi for Arthritis program. Senior discount does not apply.

12, 60 minute classes no class 10/19, 11/23

F	10:15-11:15am	9/14-12/14	\$168 / \$223	231332.50
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Toning Barre Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, pilates, and yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

12, 60 minute classes

M	8:00-9:00pm	9/10-11/26	\$115 / \$153	231131.10
Tu	8:00-9:00pm	9/11-11/27	\$115 / \$153	231131.20

6, 60 minute classes

NEW! ***Mini Session***

M/W	8:05-9:05pm	12/3-12/19	\$57 / \$76	231131.11
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NEW! **PIYO Age 16 & up**

PIYO is a group exercise program designed for all to enjoy at any age. It combines the muscle sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. PIYO is a total-body fitness system designed to whip anyone into shape from head to toe. It is a program loved by both men and women of all ages and is easily modifiable to meet the challenges all may face.

Try PIYO and see if this new wellness class is for you!

FREE DEMO CLASS August 23 at 6:45pm.

No registration required.

12, 60 minute classes no class 11/22

Th	6:45-7:45pm	9/13-12/6	\$108 / \$144	230730.40
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NEW! **Tot & Me Yoga Age 2-5 (with parent)**

Class brings a playfulness to yoga concepts. Tots will move through asanas in a creative and interactive manner. Parents and tots will get exercise while having fun. Encourages coordination, mindfulness, muscle development, and self-calming techniques.

7, 45 minute classes

M	11:45am-12:30pm	9/10-10/22	\$63 / \$84	230830.10
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Tai Chi helps increase flexibility and improves balance.

Sharon Crowell Encourages All Fitness Levels to Try Tai Chi

The practice of Tai Chi is growing in popularity and we are pleased to offer it at the HCC. Tai Chi is low-impact, slow-motion exercise, great for all levels and abilities. As you move, you breathe deeply and naturally, focusing your attention – as in some kinds of meditation – on your bodily sensations. Tai Chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Sharon Crowell guides students through gentle exercises to increase movement and helps them understand that Tai Chi is a practice and learning is a continual process.

Sharon learned about Tai Chi while she was in acupuncture school. She has been teaching Tai Chi for over four years and has been a licensed Acupuncturist for over twenty years. She invites you to dip your toe in and try Tai Chi. She is delighted when she sees her students experience the benefits that Tai Chi has to offer, relaxation, improved balance, increased strength and better focus, – both inside and outside of the classroom. Her classes are accessible to all backgrounds. *New sessions are offered each season.*



Planning a Special Event or Meeting?

The Herndon Community Center can accommodate rental space for a small meeting with just a few people or a sit-down function up to 375 people. In addition, rentals can utilize our warming/catering kitchen. Call 703-787-7300 for information, or to arrange a tour of our facilities.



MARTIAL ARTS

Be Centered

Tae Kwon Do Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee. Saturday class will be held at Sterner's Academy, 416 Elden Street, Herndon 20170. All other sessions will be held at the Herndon Community Center.

12, 30 minute classes no class 10/26, 11/23, 11/24

F	6:30-7:00pm	9/14-12/14	\$115 / \$153	272000.51
Sa	1:40-2:10pm	9/8-12/1	\$115 / \$153	272000.60

Intro to Tae Kwon Do Age 7-14

One of the world's most popular martial arts, which has many physical benefits: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

12, 60 minute classes

W	6:00-7:00pm	9/12-11/28	\$79 / \$105	272110.40
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Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable workout clothes. An optional test for rank will be given at the end of the session for an additional fee.

12, 60 minute classes no class 10/26, 11/23

F	7:05-8:05pm	9/14-12/14	\$61 / \$81	272250.50
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Kendo Fundamentals Age 13 & up

Kendo, the art of Japanese fencing, strives to unify one's mind, body, and spirit. Introduction to this martial arts practice emphasizes a strong understanding of the practice basics, including etiquette, foot work, and basic strikes. No prior experience necessary. For more information about the program, contact john.walsh@herndon-va.gov.

12, 60 minute classes no class 10/7, 11/25, 12/2

Su	10:00-11:00am	9/9-12/16	\$44 / \$59	272450.01
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Kendo Age 13 & up

Class is geared towards Kendoka who have completed the Kendo Fundamentals class and wish to further pursue the art of Kendo. Kendo is a more rigorous class teaching technique for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

12, 90 minute classes no class 10/7, 10/26, 11/25, 12/2

W	8:20-9:50pm	9/12-11/28	\$63 / \$84	272550.30
F	8:15-9:45pm	9/14-12/7	\$63 / \$84	272550.51
Su	11:15am-12:45pm	9/9-12/16	\$63 / \$84	272550.70

Iaido Age 18 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent, is considered a complimentary discipline to kendo. Due to the emphasis on inward focus, it has been referred to as a moving zen. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

12, 60 minute classes no class 10/7, 11/25, 12/2

Su	10:00-11:00am	9/9-12/16	\$44 / \$59	272650.01
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Kendo strives to achieve unity of the body and mind.

Birthday Parties

at the Herndon Community Center

Call to schedule your party TODAY!
703-787-7300

Land - Pool Party Packages Available

All parties offer 75 minutes of an activity and an hour in the party room.

"Thank you so much for helping make Ava's party such a success! Everything went off without a hitch! I must have had four parents comment on how nice the community center was! Yes, it is! I can see us having more parties here." - Alicia

HCC Admission Specials

\$2

TUESDAYS
(for seniors 65+)
All Day

\$5

FRIDAYS
(from 12:00-9:30pm)
All Ages

Parent Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, focused on age appropriate movements, games and equipment. Participation will enhance your child's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

10, 45 minute classes		no class 10/6, 11/17, 11/22, 11/24		
M	9:30-10:15am	9/24-11/26	\$70 / \$93	270000.10
Th	9:30-10:15am	9/27-12/6	\$70 / \$93	270000.40
Sa	9:00-9:45am	9/22-12/15	\$70 / \$93	270000.60

MUNCHKATEERS: This class will focus on beginning gymnastics terms and age appropriate coordination activities. No experience necessary, but must be able to separate from parent and follow group instruction.

Munchkateers 1 Age 3-4

Each week, students will be taught fundamental gymnastic terms and skills (ie: point toes, flex toes, straight legs, forward rolls, etc). Instructors will also lead participants through fitness and coordination obstacles, as well as engage in age appropriate games and activities.

10, 45 minute classes		no class 10/6, 11/17, 11/22, 11/24		
M	10:30-11:15am	9/24-11/26	\$70 / \$93	270100.10
W	1:00-1:45pm	9/26-11/28	\$70 / \$93	270100.30
Th	10:30-11:15am	9/27-12/6	\$70 / \$93	270100.40
Sa	10:00-10:45am	9/22-12/15	\$70 / \$93	270100.60

Munchkateers 2 Age 4-6

Each week, students will be taught fundamental gymnastic terms and more challenging gymnastic skills. These skills will assist in advancing your child's motor coordination, strength and flexibility.

10, 45 minute classes		no class 10/6, 11/17, 11/22, 11/24		
M	11:30am-12:15pm	9/24-11/26	\$70 / \$93	270200.10
W	2:00-2:45pm	9/26-11/28	\$70 / \$93	270200.30
Th	11:30am-12:15pm	9/27-12/6	\$70 / \$93	270200.40
Sa	11:00-11:45am	9/22-12/15	\$70 / \$93	270200.60

Young Beginners Age 5-12

This class is designed as a transition program to the Level gymnastics classes. The program will include instruction in floor exercise, balance beam, uneven bars, and vaulting. Participants will learn the fundamental progressions and are introduced to basic skills on each event. Participants are grouped by age and ability. No experience necessary, but must be able to follow group instruction and learn gymnastics terminology.

10, 60 minute classes		no class 10/6, 11/17, 11/22, 11/24		
M	4:30-5:30pm	9/24-11/26	\$93 / \$124	270310.10
Th	4:30-5:30pm	9/27-12/6	\$93 / \$124	270310.40
Sa	12:00-1:00pm	9/22-12/15	\$93 / \$124	270310.60

Cheerleading Age 6-12

This class is designed to introduce athletes to the fundamentals of cheerleading. Basic to intermediate skills will be taught based on proper progressions for tumbling, stunting, motions, jumps, cheers & dances, in a safe and age appropriate manner.

8, 45 minute classes				
W	4:45-5:30pm	9/26-11/28	\$105/140	270911.30

Level 1 Age 6-12

This class will build upon skills learned in the Young Beginner Program. Participants will learn proper form to execute a cartwheel, standing round-off, handstand against the wall, backwards roll, bridge on the floor, straddle over on vault, forward dismount on high bar, a round-off dismount on low beam, back scale for 3 seconds and walk backwards on high beam. Advancement to the Level 2 program is based on obtaining the required skills with correct form.

10, 90 minute classes		no class 10/6, 10/31, 11/17, 11/22, 11/24		
M	5:30-7:00pm	9/24-11/26	\$105 / \$140	270410.10
W	5:30-7:00pm	9/26-12/5	\$105 / \$140	270410.30
Th	5:30-7:00pm	9/27-12/6	\$105 / \$140	270410.40
Sa	1:00-2:30pm	9/22-12/15	\$105 / \$140	270410.60

Level 2 Age 6-12

Participants will learn how to perform a running round-off rebound, handstand to bridge, standing to bridge, bridge kick-over on the floor, jump to handstand position on the vault, pullover on the bars, and straight jump as well as round-off dismount on the high beam. Level 1 experience is recommended to participate in this class. Advancement to the Level 3 program is based on obtaining the required skills with correct form.

10, 90 minute classes		no class 10/6, 11/17, 11/22, 11/24		
M	7:00-8:30pm	9/24-11/26	\$105 / \$140	270510.10
Th	7:00-8:30pm	9/27-12/6	\$105 / \$140	270510.40
Sa	2:30-4:00pm	9/22-12/15	\$105 / \$140	270510.60

Level 3 Age 6-12

Participants will be introduced to all three splits, front walkovers, back walkovers, a front handspring on the vault, pullover and back hip circle on bars, a cartwheel on low beam, tuck jump, and a front handspring dismount on the high beam. Level 2 experience is recommended to participate in this class. Advancement to the Level 4 program is based on obtaining the required skills with correct form.

10, 90 minute classes		no class 10/6, 11/17, 11/24		
Sa	2:30-4:00pm	9/22-12/15	\$105 / \$140	270610.60

10, 2 hour classes

Tu	4:30-6:30pm	9/25-11/27	\$140 / \$186	270610.20
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Level 4 Age 6-12

This class is by INSTRUCTOR INVITATION or TRY-OUT ONLY. Must be able to demonstrate all skills taught in the Level 3 class. This program is for our advanced students looking to take the next step in preparing for competition level skills.

10, 2 hour classes

Tu	6:30-8:30pm	9/25-11/27	\$140 / \$186	270710.20
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Boys Level 1-3 Age 6-12

The Boys Level 1-3 program includes instruction in floor exercise, balance training, parallel bars, pommel horse, and vaulting. Participants will learn the fundamental progressions and are introduced to the basic skills of each event. Participants will be grouped by age and skill level. For more information contact John.Walsh@herndon-va.gov.

10, 90 minute classes		no class 10/31		
W	7:00-8:30pm	9/26-11/28	\$105/\$140	270410.31

All dance classes welcome both boys and girls.

Twinkle Toes Age 12-24 months

This parent or other caring adult class is designed to encourage gross motor skill development through dance presented in a fun, playful atmosphere.

12, 45 minute classes		no class 11/22		
Th	9:00-9:45am	9/13-12/6	\$89 / \$119	241100.41

Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

12, 45 minute classes		no class 10/6, 11/22, 11/24		
M	10:00-10:45am	9/10-11/26	\$89 / \$119	241100.11
M	5:30-6:15pm	9/10-11/26	\$89 / \$119	241100.12
W	10:00-10:45am	9/12-11/28	\$89 / \$119	241100.31
Sa	9:30-10:15am	9/8-12/8	\$89 / \$119	241100.61

Ballet Age 3-8

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction.

12, 45 minute classes no class 10/6, 11/24

Beginning Age 3-5				
W	11:00-11:45am	9/12-11/28	\$89 / \$119	241210.31
Sa	10:15-11am	9/8-12/8	\$89 / \$119	241210.61
Sa	1:30-2:15pm	9/8-12/8	\$89 / \$119	241210.62

Intermediate Age 3-5				
W	11:45am-12:30pm	9/12-11/28	\$89 / \$119	241210.32
Sa	11:00-11:45am	9/8-12/8	\$89 / \$119	241210.64

Intermediate/Advanced Age 4-6				
W	2:00-2:45pm	9/12-11/28	\$89 / \$119	241210.33

Advanced Age 5-8				
Sa	11:45am-12:30pm	9/8-12/8	\$89 / \$119	241210.65

Tiny Ballet/Jazz/Hip-Hop Age 3-5

In this dance class, basic Hip-Hop Jazz techniques are introduced. Students will learn to dance according to trends of today's popular music.

12, 60 minute classes		no class 11/22		
M	11:45am-12:45pm	9/10-11/26	\$89 / \$119	241220.11
Th	11:00am-12:00pm	9/13-12/6	\$89 / \$119	241220.41

Ballet/Tap/Jazz Age 5-12

This basic tap, jazz and beginning ballet technique class will include more challenging barre exercises, while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop students' flexibility and balance skills.

12, 60 minute classes		no class 10/6, 11/24		
Beginning Age 5-8				
Sa	2:15-3:15pm	9/8-12/8	\$89 / \$119	242610.61

Intermediate Age 5-8				
Sa	3:15-4:15pm	9/8-12/8	\$89 / \$119	242610.62

Intermediate/Advanced Age 8-12				
Sa	4:15-5:15pm	9/8-12/8	\$89 / \$119	242610.63

Combination Dance Age 3-8

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm offering the student experience in tap, ballet and tumbling technique.

12, 60 minute classes no class 10/6, 11/22, 11/24

Beginning Age 3-5				
M	10:45-11:45am	9/10-11/26	\$89 / \$119	244210.11
Th	10:00-11:00am	9/13-12/6	\$89 / \$119	244210.41
Sa	12:30-1:30pm	9/8-12/8	\$89 / \$119	244210.61

Beginner/Intermediate Age 5-8				
M	4:30-5:30pm	9/10-11/26	\$89 / \$119	244210.13

Intermediate/Advanced Age 3-5				
M	1:00-2:00pm	9/10-11/26	\$89 / \$119	242610.63

Jazz Hip-Hop Dance Age 4-10

Fun and upbeat style of dance focusing on coordination and strength. Hip-Hop is most commonly seen in music videos and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.

12, 60 minute classes no class 11/22

Beginning Age 4-6				
Th	4:30-5:30pm	9/13-12/6	\$89 / \$119	245310.41

Intermediate/Advanced Age 6-8				
Th	5:30-6:30pm	9/13-12/6	\$89 / \$119	245310.42



Our Hip-Hop Dance class helps kids improve strength and coordination.

Be Graceful

DANCE

URBAN HIP-HOP

AGE 7-15

This is a high intensity Urban Hip-Hop dance class that will cover styles of urban dancing including tutting, moonwalking, top rocks, threading, ground rocks, waving, popping and isolation. Simple routines and a choreographed number will be taught.



BEGINNER AGE 7-10

WEDNESDAY 6:00-7:00PM

9/12-11/28 \$89 / \$119 245311.31

INTERMEDIATE AGE 11-15

MONDAY 6:30-7:30PM

9/10-11/26 \$89 / \$119 245311.11

Adult Ballet Technique Age 16 & up

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

12, 60 minute classes no class 11/22

Th | 6:30-7:30pm | 9/13-12/6 | \$89 / \$119 | 241230.41

Dance Survival Class Age 16 & up

Learn easy moves to help you feel more comfortable on the dance floor. You will learn basic dance steps for several styles of dance to include salsa, two-step, tango, polka, rumba, cha-cha, swing and waltz. Class will also cover the novelty dances Macarena and the Electric Slide. Next time you go to a wedding or party, you will know just what to do!

12, 60 minute classes no class 11/22

Th | 7:30-8:30pm | 9/13-12/6 | \$89 / \$119 | 241231.41

Got Program Ideas?
 We want to know if there is a program topic/subject you or your child would like to learn more about. Email your ideas to Cynthia.Hoftiezer@herndon-va.gov.



CORPORATE MEMBERSHIPS

Keep your employees healthy and productive! Businesses can increase employee benefits through our affordable admission options:

1. Pay monthly by the number of employee visits.
2. Buy one-day admissions or a variety of multiple-day passes.
3. Pay an annual fee based on the size of your company and a monthly fee per participating employee or the employee can pay their own monthly fee.

Contact Ron Tillman, Community Center Manager, at 703-435-6800 x2116 for more details.



Our dancers love to perform for the parents.

Storybook Dance Camps

These mini three day camps will focus on ballet technique and include seasonal crafts, stories, movies, games plus a dance party for family and friends on the last day. Bring lunch, snack and water bottle daily.

Frozen Age 4-6

Based on the Disney story, the final dance will be choreographed to the smash hit from Frozen, "Let It Go."

W-F 9:00am-4:00pm

12/26-12/28 \$120 / \$120 280000.11

Winter Wonderland Age 5-8

Snow flakes and snow people collide in this camp based on all things winter!

W-F 9:00am-4:00pm

1/2-1/4 \$120 / \$120 280000.12



Homecoming Parade

"Under the Big Top"

Saturday, September 22 9:30am

Parade marches down Elden St to Lynn Street and past the review stand at Town Hall Square.

One of Herndon's best community events – the Herndon Homecoming Parade, featuring floats, local businesses and groups, as well as special guests. Bring a chair and support the Hornets.

Call 703-435-6800 x2119 to participate in the parade.
To volunteer, go to: www.tinyurl.com/HerndonParade2018

NatureFest



SUNDAY, SEPTEMBER 23

FREE See page 30 for details.

FREE



BARK BASH



POOCH PARADE

SATURDAY, OCTOBER 6

9:30AM-12:30PM

TOWN HALL SQUARE
730 Elden Street

Fun for pups of all sizes and a great way to learn about local resources for that furry member of your family. Bring your pup in costume and participate in the parade.



Spooktacular

Friday, October 26

6:30-7:30PM Activities
7:30-8PM Show

Enjoy this annual Halloween tradition with games and a children's show. Costumes are welcome! Fee covers all activities, show and a treat bag. Dinner on your own.

Age 3-8 250000.50

\$10 in advance through **October 25**
\$15 on the day of the event per child

PARENTS MUST ACCOMPANY CHILDREN AT THIS EVENT.






Children's Performing Arts Series

Rainbow Puppets

Creatures Great and Small

Monday, November 5
10:30-11:15am

AT THE HERNDON COMMUNITY CENTER

There's an acrobatic flea, a giant stegosaurus and practically everything in between. Audience members will go on a musical adventure of animal songs and stories and meet all sorts of marine life including singing fish, and many other creatures both great and small!

Rainbow Puppets is the 2018 Young Audiences Performing Artist of the Year.

\$4 IN ADVANCE
\$5 AT THE DOOR

Children under the age of one are free. Please print your receipt to use as your ticket. **248000.11**

Holiday Homes Tour

Saturday,
December 1

10:00am-4:00pm

Local homes will be decorated for the holidays. Local community organizations sponsor each home. Tickets on sale starting October 30.

Tickets \$15 before November 26 and \$20 after. Purchase tickets at Herndon Community Center, Herndon Florist, or online by visiting facebook.com/HolidayHomesTour.



FREE

Herndon Holiday Arts & Crafts Show

Sunday
December 2

10^{AM}-4^{PM}



Over 80 vendors. Unique gifts, holiday decorations and homemade items.

Free Admission & Parking



Herndon Community Center

herndon-va.gov/events

703-787-7300

TOWN OF
Herndon
PARKS & RECREATION

Santa, Stars, & S'mores

FREE



Friday,
December 7
6:00-7:30pm

Santa comes to Runnymede Park!

Follow the luminaries to the campfire and Santa. He'll be here to chat with each child, plus holiday music and stories. Dress for the outdoors. S'more kits available for sale. In case of inclement weather, event will be held Sunday, December 9 at same time.

250200.60

Sorry, no pets at this event.



Happy Feet Soccer Age 2-5

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

8, 30 minute classes

no class 10/6

Age 2-3

Sa	9:20-9:50am	9/8-11/3	\$53 / \$70	273000.53
Sa	9:55-10:25am	9/8-11/3	\$53 / \$70	273000.54
Sa	10:30-11:00am	9/8-11/3	\$53 / \$70	273000.55

Age 4-5

Sa	11:10-11:40am	9/22-11/17	\$53 / \$70	273000.52
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Nova Legends Soccer Age 6-12

Want to improve your dribbling and scoring goals? Classes focus on the development of a child's individual skills. Focus is on improving each child's self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology. Classes are held indoors; appropriate footwear is required.

8, 45 minute classes

no class 10/6

Sa	11:45am-12:30pm	9/22-11/17	\$75 / \$100	273110.50
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Ignite Kids Club: Multi-Sport Age 3-6

Ignite Kids Club is a multi-sport program that dials in on the basic skill sets for five different sports, including: baseball/softball, volleyball, basketball, flag football, and tennis. Using interactive and age-appropriate games/activities, kids can have a blast while being exposed to a variety of sports! As they grow through the program, the games and activities will begin to uniquely integrate team play, develop social skills, and create a better understanding of the sport itself. While learning the fundamentals of kicking, throwing, catching, hitting, and basic speed and agility, the players will increase fitness, coordination, confidence, and improve on both social and listening skills.

8, 30 minute classes

no class 10/7, 10/30

Age 3-4

Tu	5:30-6:00pm	9/11-11/6	\$53 / \$70	273500.21
Su	1:35-2:05pm	9/23-11/18	\$53 / \$70	273500.61

Age 5-6

Tu	6:05-6:35pm	9/11-11/6	\$53 / \$70	273500.22
Su	1:00-1:30pm	9/23-11/18	\$53 / \$70	273500.62

Basketball Age 8-12

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

8, 60 minute classes

no class 10/26, 11/23

M	5:30-6:30pm	9/24-11/12	\$80 / \$106	276010.10
F	6:30-7:30pm	9/28-11/30	\$80 / \$106	276010.60

Home School P.E. – Fit, Play, Learn Age 6-14

Home School P.E. is a comprehensive and fun physical education program that provides students with the building blocks to become physically fit and educated. Children will receive personalized attention by our instructors in a variety of fundamental sports skills. Benefits of the program include: fundamental fitness skills training, team building and social skills, muscular conditioning, aerobic endurance, improved confidence, basic nutrition, sport and fitness programs, and Presidential fitness training, testing and awards.

7, 60 minute classes

no class 11/6, 11/22

Tu	1:00-2:00pm	9/4-10/16	\$49 / \$65	274010.20
Tu	1:00-2:00pm	10/23-12/11	\$49 / \$65	274010.21
Th	1:00-2:00pm	9/6-10/18	\$49 / \$65	274010.40
Th	1:00-2:00pm	10/25-12/13	\$49 / \$65	274010.41

Racquetball League Age 18 & up

Have fun, get in shape, and meet new playing partners! Players are provided a weekly schedule, and then arrange matches with opponents at their mutual convenience. The season consists of ten games in a ten-week regular season. Playoffs will follow the regular season. Scores must be reported to avoid a forfeit. Awards are given to the top finishers in each division. Court fees are included in registration fee. Players receive a punch card to use during the regular season. Registration deadline is Friday, September 7. First week of play begins on Sunday, September 16. League director reserves the right to combine divisions if necessary. For more information, please call 703-435-6800 ext. 2106.

Advanced Division

9/16-12/16	\$66 / \$88	278030.10
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Intermediate Division

9/16-12/12	\$66 / \$88	278030.20
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Racquetball helps participants build agility and strength.

Fall 2018 Open Gym Schedule

Su	M	Tu	W	Th	F	Sa
	11:30am-2:30pm				11:30am-2:30pm	8:00-11:00am
	2:45-5:15pm	2:45-5:15pm	2:45-4:45pm	2:45-5:15pm	2:45-5:15pm	1:00-5:00pm
	8:00-10:00pm	7:30-10:00pm	7:30-10:00pm	7:30-10:00pm	7:30-10:00pm	

Friday evening open gym may be cancelled for events.
Youth = Age 17 & under and Teen = Age 13-17.

This schedule is subject to change - check monthly schedule.

■ Adult Open Gym
 ■ Adult Basketball
 ■ Adult Volleyball
 ■ Teen Open Gym
 ■ Youth Open Gym

RATTLERS' WRESTLING

Grades 1st - 8th : COED

Registration deadline:
November 14, 2018

Each wrestler must register separately with USA Wrestling to participate.

Rattlers' wrestling is a way to introduce youngsters to the sport of wrestling and prepare them for high school wrestling. The program will focus on: **Skill development, sportsmanship, teamwork, fitness, and FUN!** Kids will improve their balance and coordination along with their strength, agility, speed and mental toughness. In addition, it is one of the best cross-training sports for other athletic activities. Kids are paired with classmates of similar size, age and ability. **Informational parent meeting at 8:30pm, Thursday, November 1 at the Herndon Community Center.**



PRACTICE SCHEDULE

Held at South Lakes High School

11/14-2/21

Schedule subject to change.

GRADES 1ST - 3RD (COED)

Wednesday 6:00-7:30pm
& Thursday 6:00-7:15pm
\$95 / \$126 275110.10

GRADES 4TH - 8TH (COED)

Tuesday 6:00-7:30pm
& Thursday 7:15-8:15pm
\$95 / \$126 275110.11

Regular season competitions take place early December - February on Saturdays. The end of the season regional competition takes place on Saturday & Sunday.

USA WRESTLING MEMBERSHIP

USA Wrestling Membership registration fee is NOT included. The cost is \$15 for the Virginia Limited Folkstyle Athlete Membership at usawmembership.com to renew or join. Each wrestler must register separately and will need to purchase a singlet through the team. All returning wrestlers **MUST RENEW** their USA Wrestling Membership which expires 8/31/18. To renew you will need your USA Wrestling ID number. Includes Northern Virginia Wrestling Federation fee, t-shirt, and awards. *Parent(s) are required to volunteer at four regular season meets as well as the regional meet.*

HERNDON
KIDS
TRIATHLON



Sunday, September 16 8:00am

REGISTRATION

OR

July 2-August 3 \$40
August 4-September 7 \$45
September 8-14 \$50

AGE	SWIM	BIKE	RUN	CODE
6-8	50y	1.1 MILES	.6 MILE	257010.10
9-11	100y	2 MILES	1 MILE	257010.11
12-13	150y	4 MILES	1.4 MILES	257010.12
14-16	150y	4 MILES	1.4 MILES	257010.13

OPTIONAL PRE-RACE MEETING AND CLINIC

to help kids prepare for the race course and transitions.
Must be registered for triathlon to attend.

August 19 9:00-10:00am Free 257000.10



**BUT WAIT!
SUMMER ISN'T OVER YET!**



IN DOWNTOWN **Herndon** THIS SUMMER

KIDS' WET & WILD DAY

SATURDAY, AUGUST 4
10 A.M. - NOON
Town Hall Square,
730 Elden Street

Water balloon relays & squirt gun fights for kids of all ages! **FREE**

GLOW IN THE DARK NIGHT

SATURDAY, AUGUST 11
8 - 9:30 P.M.
Town Hall Square,
730 Elden Street

Glow in the dark bowling, ring toss & tic-tac-toe. **FREE**

HERNDON-VA.GOV/ItsON 703-787-7300

HERNDONWEBTRAC.COM

25

All youth classes will emphasize tennis fundamentals. All students must provide their own racquet and wear tennis shoes.

» YOUTH

PEE WEE/BEGINNER: Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

Pee Wee Age 4-5

8, 30 minute classes		no class 10/6		
Tu/Th	4:45-5:15pm	9/11-10/4	\$52 / \$69	271000.21
Sa	8:30-9:00am	9/8-11/3	\$52 / \$69	271000.60

Beginner 1.0-1.5

Age 6-8

8, 45 minute classes		no class 10/6		
M/W	5:00-5:45pm	9/10-10/3	\$72 / \$96	271110.10
Tu/Th	5:15-6:00pm	9/11-10/4	\$72 / \$96	271110.20
Sa	9:00-9:45am	9/8-11/3	\$72 / \$96	271110.60

Age 9-15

8, 60 minute classes		no class 10/6		
Tu/Th	6:00-7:00pm	9/11-10/4	\$77 / \$102	271210.20
Sa	11:00am-12:00pm	9/8-11/3	\$77 / \$102	271210.60

Advanced Beginner 2.0-2.5

Age 6-8

8, 45 minute classes		no class 10/6		
M/W	5:00-5:45pm	9/10-10/3	\$72 / \$96	271111.10
Tu/Th	5:15-6:00pm	9/11-10/4	\$72 / \$96	271111.20
Sa	10:00-10:45am	9/8-11/3	\$72 / \$96	271111.60

Age 9-15

8, 60 minute classes		no class 10/6		
M/W	6:00-7:00pm	9/10-10/3	\$77 / \$102	271211.10
Tu/Th	6:00-7:00pm	9/11-10/4	\$77 / \$102	271211.20
Sa	10:00-11:00am	9/8-11/3	\$77 / \$102	271211.60

INTERMEDIATE/ADVANCED 3.0-4.0: Please consult with an instructor prior to registering if you have not previously enrolled in this level of play.

Intermediate 3.0-3.5 Age 11-15

8, 60 minute classes		no class 10/6		
M/W	7:00-8:00pm	9/10-10/3	\$77 / \$102	271213.10
Sa	11:00am-12:00pm	9/8-11/3	\$77 / \$102	271213.60

Advanced 4.0 Age 12-15

8, 60 minute classes		no class 10/6		
Tu/Th	7:00-8:00pm	9/11-10/4	\$77 / \$102	271214.20

High School Age 14-17

8, 60 minute classes		no class 10/6		
Sa	12:00-1:00pm	9/8-11/3	\$77 / \$102	271315.20

NTRP RATINGS

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

» ADULT

Beginner 1.0-1.5 Age 16 & up

8, 60 minute classes		no class 10/6		
M/W	6:00-7:00pm	9/10-10/3	\$77 / \$102	271530.10
Sa	8:00-9:00am	9/8-11/3	\$77 / \$102	271530.60

NOTE: Please consult with an instructor prior to registering if you have not previously enrolled in this level of play.

Advanced Beginner 2.0-2.5 Age 16 & up

8, 60 minute classes		no class 10/6		
M/W	7:00-8:00pm	9/10-10/3	\$77 / \$102	271531.10
Sa	9:00-10:00am	9/8-11/3	\$77 / \$102	271531.60

Intermediate 3.0-3.5 Age 16 & up

8, 60 minute classes		no class 10/6		
M/W	8:00-9:00pm	9/10-10/3	\$77 / \$102	271532.10
Sa	10:00-11:00am	9/8-11/3	\$77 / \$102	271532.60

Advanced 4.0 Age 16 & up

8, 60 minute classes		no class 10/6		
Tu/Th	7:00-8:00pm	9/11-10/4	\$77 / \$102	271533.10
Tu/Th	8:00-9:00pm	9/11-10/4	\$77 / \$102	271533.11

Outdoor Weather Policy

Decisions on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for makeups by the program supervisor. Call 703-435-6866.

Indoor Tennis 2018-19 Season

Tennis Bubble Hours:

Monday-Friday: 6:30am-10:30pm;
Saturday & Sunday: 8:00am-10:00pm
Open Monday, September 17, 2018- Sunday, April 14, 2019

Tennis Bubble Phone: 703-435-6800 x2114.

Court cost is per hour **CONTRACT TIME** **RANDOM TIME***

Prime Time (after 5:00pm, Mon-Fri; Sat & Sun all day):

Adult TOH Resident	\$26	\$30
Adult Non-Resident	\$34	\$38

Non-Prime Time (before 5:00pm weekdays):

Adult TOH Resident	\$23	\$25
Adult Non-Resident	\$30	\$32
Youth/Senior TOH (a)	\$20	\$22
Youth/Senior Non-Resident (a)	\$24	\$26

(a) Youth = 17 and under Senior = 65 and older
* Reservations for random time may be made seven days in advance.
ID required for Town of Herndon Resident rates.

For contract time, contact the Indoor Tennis Manager at: 703-435-6800 x2110.

The TOH rate is applicable only when there is an active resident player for each court rented. Multi-court rentals during the same day and time period must have a different resident player for each court.

All youth classes will emphasize tennis fundamentals. All students must provide their own racquet and wear tennis shoes.

» YOUTH

PEE WEE/BEGINNER: Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

Pee Wee Age 4-5

8, 30 minute classes no class 10/31, 11/22, 11/24

W	4:30-5:00pm	10/17-12/12	\$57 / \$76	291200.31
Th	5:00-5:30pm	10/18-12/13	\$57 / \$76	291200.41
Sa	8:30-9:00am	10/27-12/22	\$57 / \$76	291200.61

Beginner 1.0-1.5

Age 6-8

8, 60 minute classes no class 11/22, 11/24

Th	5:30-6:30pm	10/18-12/13	\$88 / \$117	292310.41
Sa	9:00-10:00am	10/27-12/22	\$88 / \$117	292310.61

Age 9-11

8, 60 minute classes no class 11/24

Sa	10:00-11:00am	10/27-12/22	\$88 / \$117	292410.61
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Age 12-15

8, 60 minute classes no class 11/24

Sa	11:00am-12:00pm	10/27-12/22	\$88 / \$117	292510.61
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Advanced Beginner 2.0-2.5

Age 6-8

8, 60 minute classes no class 11/23, 11/24

Tu	4:30-5:30pm	10/16-12/4	\$88 / \$117	293110.21
F	5:30-6:30pm	10/19-12/14	\$88 / \$117	293110.51
Sa	9:00-10:00am	10/27-12/22	\$88 / \$117	293110.61

Age 9-11

8, 60 minute classes no class 11/24

Tu	5:30-6:30pm	10/16-12/4	\$88 / \$117	293210.21
Sa	10:00-11:00am	10/20-12/15	\$88 / \$117	293210.61

Age 12-15

8, 60 minute classes no class 11/24

Sa	11:00am-12:00pm	10/27-12/22	\$88 / \$117	293320.61
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INTERMEDIATE/ADVANCED 3.0-4.0: Must pass tryout to register. All students who were enrolled in the indoor class (not outdoors) from last season or prior seasons may enroll without a tryout. Please call 703-435-6800 ext. 2114 to schedule a tryout.

Intermediate 3.0-3.5 Age 9-15

8, 60 minute classes no class 10/31, 11/23, 11/24

W	5:00-6:00pm	10/17-12/12	\$88 / \$117	293520.31
F	4:30-5:30pm	10/19-12/14	\$88 / \$117	293520.51
Sa	12:00-1:00pm	10/27-12/22	\$88 / \$117	293520.61

Advanced 4.0 Age 12-15

8, 60 minute classes no class 11/24

Sa	1:00-2:00pm	10/27-12/22	\$88 / \$117	293620.61
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High School Age 14-18

For students already on their high school team or about to try out and already competing in tournament play.

8, 60 minute classes

M	5:00-6:00pm	10/15-12/3	\$88 / \$117	292320.10
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» ADULT

Beginner 1.0-1.5 Age 16 & up

8, 60 minute classes no class 11/24

M	9:00-10:00am	10/15-12/3	\$93 / \$124	294030.11
Sa	9:00-10:00am	10/27-12/22	\$93 / \$124	294030.61

NOTE: Please consult with an instructor prior to registering if you have not previously enrolled in the following levels.

Advanced Beginner 2.0-2.5 Age 16 & up

8, 60 minute classes no class 11/23, 11/24

F	9:00-10:00am	10/19-12/14	\$93 / \$124	294130.51
F	4:00-5:00pm	10/19-12/14	\$93 / \$124	294130.52
Sa	10:00-11:00am	10/27-12/22	\$93 / \$124	294130.61

Intermediate 3.0-3.5 Age 16 & up

8, 60 minute classes no class 11/24

Sa	11:00am-12:00pm	10/27-12/22	\$93 / \$124	294230.61
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Advanced 4.0 Age 16 & up

8, 60 minute classes no class 11/24

Sa	12:00-1:00pm	10/27-12/22	\$93 / \$124	294330.61
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Route "937 Coppermine - Elden" runs 7 days a week with a stop in front of the Herndon Community Center.

Learn more at <http://www.fairfaxcounty.gov/connector/pdf/map/937.pdf> or call 703-339-7200

» DOUBLES

Tennis Doubles Leagues & Early Bird Play

Sign up for one of our three doubles leagues to play for the entire fall season at a designated time each week. This is the perfect way to stay fit and continue competitive play. Cost includes new balls every session (except Early Bird).

League participants are responsible for finding their own substitute players. A list of individuals who wish to substitute on a regular basis will be provided to those registered in the league. If you would like to be considered as a substitute player, please register after the program is full to be contacted. The Town reserves the right to remove you from the program if you regularly do not arrange for your own substitute.

Senior Doubles Age 50 & up Not eligible for a senior discount.

11, 90 minute sessions				
M	12:00-1:30pm	10/8-12/17	\$120 / \$160	295040.11

10, 90 minute sessions				no class 11/22
Th	12:00-1:30pm	10/11-12/20	\$109 / \$145	295040.41

Women's Doubles Age 16 & up

13, 2 hour sessions				
W	9:00-11:00am	9/26-12/19	\$183 / \$243	290030.31

Men's Doubles Age 16 & up

12, 2 hour sessions				
Tu	8:30-10:30pm	9/25-12/11	\$194 / \$258	293030.21

Early Bird Tennis Age 16 & up

65, 2.5 hour sessions				
M-F	6:30-9:00am	9/24-12/21	\$263 / \$350	290130.11



Tennis challenges your mind and your body.

HCC Admission Specials

\$2	\$5
TUESDAYS (for seniors 65+) All Day	FRIDAYS (from 12:00-9:30pm) All Ages

» TOURNAMENTS

Youth Singles

Round-robin format followed by single elimination in semis and finals. Must be registered five days before the tournament starts.

Girls Age 10-12				
F-Su	1:30-6:00pm	11/23-11/25	\$60 / \$60	299250.52

Girls Age 12-15				
W-F	1:30-6:00pm	12/26-12/28	\$60 / \$60	299250.44

Girls Age 15-19				
Su-M	1:30-6:00pm	12/29-12/31	\$60 / \$60	299250.43

Boys Age 10-12				
F-Su	9:00am-1:30pm	11/23-11/25	\$60 / \$60	299250.51

Boys Age 12-15				
W-F	9:00am-1:30pm	12/26-12/28	\$60 / \$60	299250.41

Boys Age 15-19				
Su-M	9:00am-1:30pm	12/29-12/31	\$60 / \$60	299250.42



NOR

JUNIOR
TEAM
TENNIS

AGE 5-15

Junior Team Tennis is designed for those players ready for a competitive tennis experience and outside matches with practices focused on skill and strategy, with the opportunity to continue on a year-round basis. Tryouts are required; to schedule and for more information, please contact the Tennis Manager at 703-435-6800 x2110. USTA individual membership not included but required if selected for the team.

13, 90 minute practices no class 10/6, 11/24

AGE 8 & UNDER				
Sa	6:00-7:30pm	9/8-12/15	\$156 / \$207	293141.60

AGE 10 & UNDER				
Sa	6:00-7:30pm	9/8-12/15	\$156 / \$207	293141.61
Sa B Team	7:30-9:00pm	9/8-12/15	\$156 / \$207	293141.62

AGE 12 & UNDER				
Sa	7:30-9:00pm	9/8-12/15	\$156 / \$207	293141.63

AGE 14 & UP				
Sa	6:00-7:30pm	9/8-12/15	\$156 / \$207	293141.64

2018-2019 Preschool

Ongoing registration until filled

September 10, 2018-June 7, 2019

The Herndon Community Center preschool is a safe, nurturing, responsive and caring learning environment and a state-licensed program. The classroom schedule includes field trips, outside free-play, and holiday festivities. Families feel connected knowing that their children are cared for and nurtured in a way that respects their own cultural and familial beliefs.

The teacher-child ratio is 3 to 20. The 4-5 year old class emphasis is on the skills needed to enter kindergarten. Our goal is to foster independence in a school setting.

Age 3-4 • Tu/Th • 9:00am-12:00pm
(Must be 3 by September 30, 2018)
\$1,500 / \$1,800*

Age 4-5 • M/W/F • 9:00am-12:00pm
(Must be 4 by September 30, 2018)
\$1,750 / \$2,100*

A \$75 nonrefundable deposit, and child's proof of age (such as birth certificate or passport) are due at time of registration.

*Fees are payable on an established payment plan of 5 installments.

To learn more, call 703-435-6800 x2119.

Registration is on a first-come first-served basis. Children must be potty-trained and use of disposable undergarments is not permitted.

WINTER BREAK CAMPS

Winter Fun Camp Age 6-12

Looking for a way to try all the hottest programs in three days? Campers will have the opportunity to participate in multiple themed days of camp. Day one gymnastics & multi-sport, day two hip-hop dance & soccer, and day three basketball & arts and crafts. Bring your swimsuit and towel because each day on top of all the fun, we will be swimming! A packed lunch, water bottle, and snack are required. Please no peanut/nut products. (No Extended Care)

3, 7 hour classes

W-F	9:00am-4:00pm	1/2-1/4	\$105 / \$105	280100.11
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Tennis Mini Camp Age 8-12

A great way for kids to spend their winter break learning tennis and having fun! The 3-day camp will feature on and off-court instruction, warm-ups, and conditioning. Individual instruction and match play are included. Students must provide their own racquet and a new can of balls. Bring snack, lunch and bathing suit every day during the session. Other sport activities such as racquetball and swimming will be included. Extended care is available.

3, 6 hour classes

W-F	9:00am-3:00pm	1/2-1/4	\$144 / \$144	388710.10
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Extended Care Age 8-12

We are pleased to offer an extended day program for parents who need a bit more time before picking up their children from camp.

3, 3 hour classes

W-F	3:00pm-6:00pm	1/2-1/4	\$36 / \$36	388810.10
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Storybook Dance Camp page 21

Meet Our New Head Preschool Teacher

Kellee Windom is excited to transition to this new position, as she has been working with the Herndon Community Center for many years in a few different roles. For the past

four years, Kellee has been the Lead Instructor for our gymnastics program, and the last two years as the Assistant Teacher for Preschool. Her experience ranges from running her own home daycare, homeschooling her children in their primary years, to several years of teaching PE, tumbling, gymnastics, and English as a second language to adults. She has over 18 years of experience working with children and adults of all ages in many different capacities. Kellee will continue to lead both the preschool and gymnastics programs. Kellee looks forward to sharing her passion for teaching and excitement for learning with new young minds this fall and throughout the school year.



ARTS & CRAFTS

Kidz on Wheelz Age 10-13

Explore your creativity while learning both basic pottery wheel and hand-building clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run free. Fee includes all materials.

6, 90 minute classes

M	5:00-6:30pm	9/17-10/22	\$96 / \$128	210010.11
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Home School Pottery Age 7-16

For children who want to explore working with clay. Students will learn basic hand-building skills including pinching, coiling and working with slabs. Projects might include whistles, wind chimes, mugs, plates, tiles, coil pots and more. Students will decorate and glaze their finished pieces. Fee includes all materials.

6, 90 minute classes

M	2:30-4:00pm	9/17-10/22	\$96 / \$128	210140.11
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Pottery Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25 lbs. of clay included; additional clay may be purchased.

8, 2.5 hour classes

M	6:30-9:00pm	9/17-11/5	\$150 / \$200	210150.11
Tu	6:30-9:00pm	9/18-11/6	\$150 / \$200	210150.21

Hand Built Pottery Age 16 & up

Create pottery without a wheel. Discover the world of hand-building with clay. This class is designed for people who have an interest in working with clay and gives students experiences in making functional as well as sculptural pieces, using a variety of techniques including slab, coil and pinch pots. This class will help bring out the hidden artist in you! Includes 25lbs of clay glazes and kiln use. Additional clay may be purchased.

8, 2.5 hour classes

Tu	10:00am-12:30pm	9/18-11/13	\$150 / \$200	210140.22
Tu	6:30-9:00pm	9/18-11/13	\$150 / \$200	210140.21

Financial Assistance & Scholarship Program

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs for those who qualify for federal assistance. Assistance is available for most classes and programs; exclusions are programs meeting three times or fewer, private instruction, programs longer than twelve weeks, trips, daily admission, court payments, facility rentals or passes to the facility.

Additionally, the town provides scholarships to eligible individuals, which may supplement the town's financial assistance program. Scholarships are funded by donation. Contact the Assistant Community Center Manager at 703-435-6800 x2107 for more information or contact the Herndon Community Center for assistance.

LIFE INTEREST



NatureFest

FREE

SUNDAY, SEPTEMBER 23

1:00-5:00pm

Runnymede Park - 195 Herndon Parkway

Learn more about all the wonders in Runnymede Park through hands-on stations, including bees, butterflies, web of life, live animal shows, and arts & crafts.

Co-sponsored by Friends of Runnymede Park and Herndon Parks and Recreation Department.

Satellite parking with a passenger van shuttle will be available to/from Herndon Police Station, 397 Herndon Parkway.



Volunteers

We need volunteers on the day of the event.

Please call 703-435-6800 x2119.

To volunteer, sign up at:

www.tinyurl.com/naturefest18

Take advantage of the free drop-off babysitting service run by our friendly staff.

Kid Care

MORNING:

M/W 9-11:30am
Tu/Th 9am-12pm

EVENING:

M/Tu 5:30-8:15pm
W/Th 5-8pm
F 5:15-7pm

See Page 14 for more details.

Chess Age 8-11

Research has shown there is a strong correlation between students learning to play chess and their academic achievement. In the class, the students will learn the parts of the chess board; how each piece moves and capture; pawn promotion and "en passant" capture; the main rule of chess; the rules of castling; how to checkmate the lone king; the difference between checkmate and stalemate; the basic principles of chess; the number of ways a chess game can be won or drawn; guidelines for sound opening play; basic strategy and tactics; and how to keep the score of a game. Each class will include free time for students to play chess with their classmates.

8, 75 minute classes

no class 10/6

Sa	9:00-10:15am	9/15-11/3	\$96 / \$128	260100.61
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Chess is a great game to play during your leisure time.

Take Better Pictures Age 16 & up

Digital Photography fundamentals. Take great photographs with whatever camera you have. While emphasis is on digital single lens reflex cameras, the majority of subject matter applies to photography with any camera, including smart phones and point and shoot cameras. Topics covered include: qualities of light, composition, creative use of camera controls and flash. Learn how to optimize your photographs and archive them for storage and display.

8, 90 minute classes

Th	7:00-8:30pm	9/20-11/8	\$75 / \$100	260130.41
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CPR & AED for Adults Age 14 & up

American Heart Association CPR/AED and First Aid certification. Class includes CPR/AED for adults, children and infants and basic First Aid. Certification is valid for 2 years. Great class for Teachers, Personal Trainers, Scout Leaders or anyone who needs CPR for work. Supply fee of \$25 payable to instructor.

1, 6 hour class

Su	12:30-6:30pm	9/23	\$80 / \$80	260150.01
Su	12:30-6:30pm	10/28	\$80 / \$80	260150.02
Su	12:30-6:30pm	12/9	\$80 / \$80	260150.04

Better Babysitting Age 11-15

Learn to be a safe, reliable and CPR/First Aid trained babysitter. Students will be introduced to information on keeping children and infants safe, proper supervision and basic care giving skills. Students will also receive a Pediatric First Aid certification through American Heart Association (certificate is good for 2 years). This is a FCPS day off school, students are encouraged to bring a packed lunch and a snack.

1, 8 hour class

M	8:00am-4:00pm	10/8	\$105 / \$105	260151.11
M	8:00am-4:00pm	11/5	\$105 / \$105	260151.12

» **Yarn Works**

Learn to Knit Age 16 & up

Have you always wanted to try knitting? In this class, you can learn to cast on, Knit, purl, and bind off. You will learn to follow a simple pattern, learn about different yarns and how to read yarn labels. You will start with coasters to learn knitting skills so you can continue to make more advanced projects such as scarves, dish clothes, sweaters, hats and more.

4, 90 minute classes

W	1:00-2:30pm	9/19-10/10	\$65 / \$86	210231.30
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Learn to Knit (part II) Age 16 & up

If you already know the basic skills of knitting and purling and you want to try something more advanced, then this is the class for you. You will learn to increase, decrease, yarn over, and change colors by making squares. Use your squares for coasters, dish cloths, or create a blanket. And we will continue to learn to read more complicated patterns. Please bring size US 7 (4.5 mm) knitting needles.

4, 90 minute classes

W	1:00-2:30pm	10/17-11/7	\$65 / \$86	210231.31
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HCC Admission Specials

\$2 TUESDAYS <small>(for seniors 65+) All Day</small>	\$5 FRIDAYS <small>(from 12:00-9:30pm) All Ages</small>
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Birthday Parties

at the Herndon Community Center

Call to schedule your party TODAY!

703-787-7300

"Thank you so much for helping make Ava's party such a success! Everything went off without a hitch! I must have had four parents comment on how nice the community center was! Yes, it is! I can see us having more parties here." - Alicia

Land - Pool Party Packages Available

All parties offer 75 minutes of an activity and an hour in the party room.

» PARKS IN HERNDON

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball, and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three covered tennis courts September-April, lighted artificial turf soccer field, and a playground. Indoor restrooms. Sports fields are available for open play and scheduled leagues. *Shelter is available for reservation.*

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field, and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, a mini basketball court to accommodate younger children, as well as a playground for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a playground for ages 5-12, and a tot lot. Indoor restrooms seasonally.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches, and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open down to dusk for hiking, bird-watching, nature study, and picnicking. Park includes two picnic shelters and a paved accessible trail. *Shelters are available for reservation.*

Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

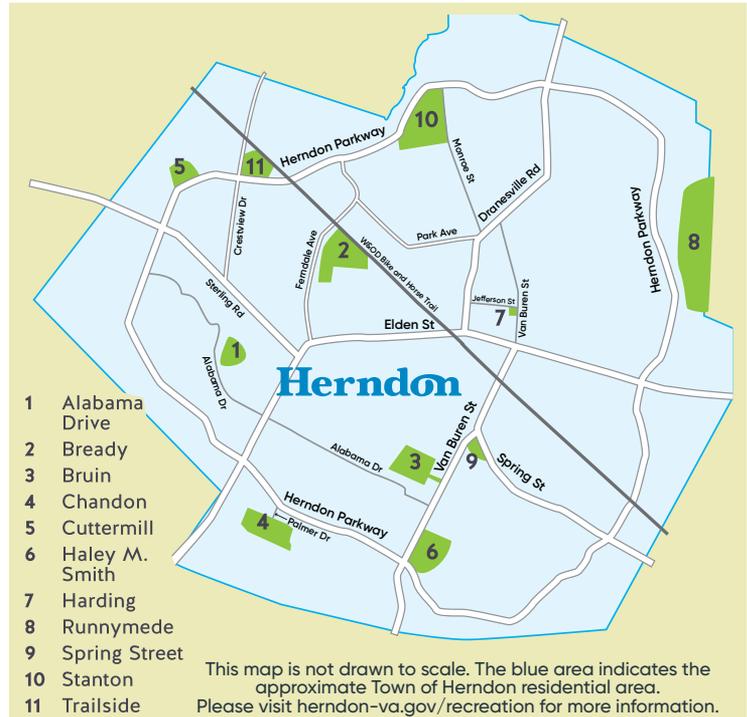
Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a playground, an open play area, and a bocce court. *Shelter is available for reservation.*

FIND A PARK NEAR YOU



GET INVOLVED!

There are additional ways to get involved:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

For more information call 703-435-6800 x2111.

Do you have questions or concerns regarding trees? The Town Forester is available to help. Call 703-435-6800 x2014.

Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at herndon-va.gov/recreation.

Herndon Community Center Admission and Passes

TOH = Town of Herndon resident rate
requires ID with address for every transaction
 NR = Non-resident rate

All admissions and passes are nonrefundable.

Daily	TOH/NR
Adults.....	\$6.50/\$7.50
Seniors.....	\$5.25/\$6.25
Youth.....	\$5.25/\$5.50
Family.....	\$18/\$22.50

(Up to 5 family members, 2 adults maximum)

10-Admission Pass	TOH/NR
Adults.....	\$58/\$69
Youth/Senior.....	\$46/\$52

25-Admission Pass	TOH/NR
Adults.....	\$130/\$160
Seniors.....	\$98.50/\$140.50
Youth.....	\$96.25/\$103.25

Monthly 30-Day Pass	TOH/NR
Adult.....	\$52.50/\$70.25
Adult 2-Person*.....	\$82/\$109.25
Youth Single.....	\$47.25/\$50
Senior Single.....	\$36.75/\$62
Senior 2-Person*.....	\$57.50/\$96.25
Senior 2-Person* Sr/Non Sr.....	\$70/\$100
Dependent Youth**.....	\$13.50/\$18

6-Month Pass ⁽¹⁾	TOH/NR
Adult.....	\$261.75/\$349
Adult 2-Person*.....	\$411/\$548
Youth Single.....	\$215/\$307
Senior Single.....	\$215/\$307
Senior 2-Person*.....	\$338/\$481.50
Senior 2-Person* Sr/Non Sr.....	\$350.25/\$500.50
Dependent Youth**.....	\$65/\$86.50

Annual Pass ^(1,2)	TOH/NR
Adult.....	\$470.25/\$627
Adult 2-Person*.....	\$739/\$985.25
Youth Single.....	\$329.25/\$551.75
Senior Single.....	\$329.25/\$551.75
Senior 2-Person*.....	\$517.25/\$866.75
Senior 2-Person* Sr/Non Sr.....	\$630/\$900
Dependent Youth**.....	\$116.75/\$155.75

* Both adults must reside in the same household and have ID to purchase a 2-person pass.

** Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.

2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

Pass and Daily Admission Fee Includes

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to Drop-In regularly scheduled fitness classes (see Drop-In Fitness schedule)

Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to one free training session.

Age Categories:

Youth:	17 & under
Adult:	18 & older
Seniors:	65 & older
Children:	Admitted free under age 2 with a paying adult

Pool Use:

Children 6 & under: an adult must accompany child in the water
 Children 8 & under: must be accompanied by an adult

Gymnasium Use:

Youth: must be 12 & older
 Youth Open Gym: weekends only age 8-11 must be accompanied by a paying adult

Fitness Room Use:

Age 12 & 13: must be accompanied by an adult and earn Youth Fitness ID
 Age 14 & 15: must earn Youth Fitness ID to use fitness room

Locker Room Use:

Children 5 & under: permitted in locker room of opposite sex
 Family Locker Rooms: for parents with children over the age of 5, located in guard office

Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

Prime Time Hours: Monday-Friday, 4:00-10:00pm,
 Saturday & Sunday, Opening-2:00pm

Prime Time: admission fee per player
 \$4 per hour +
 \$3.50 per session wallyball

Non-Prime Time: admission fee per player
 \$2 per hour +
 \$2 per session wallyball

2018-19 Herndon Town Council

Lisa C. Merkel, Mayor
 Jennifer Baker, Vice Mayor
 Grace Wolf Cunningham, Councilmember
 Signe Friedrichs, Councilmember
 Richard B. Kaufman, Councilmember
 Bill McKenna, Councilmember
 Sheila A. Olem, Councilmember
 Bill Ashton, Town Manager

Parks & Recreation Department Staff

Cindy S. Roeder, Director
 Cynthia Hoftiezer, Deputy Director
 Nancy Burke, Administrative Assistant
 Lori Rowland, Office Assistant
 Lindsey Jones, Systems Technician
 Kevin Breza, Recreation Program Coordinator
 Abby Kimble, Marketing Specialist
 Kerstin Severin, Aquatic Services Manager
 Jim Heffel, Pool Operations Manager
 Richard Romero, Head Swim Coach
 Christina Bolzman,
 Aquatics Program Specialist
 Ron Tillman, Community Center Manager
 Christopher Moore,
 Assistant Community Center Manager
 Suzanna Swalboski,
 Indoor Tennis Manager
 Kellee Windom, Preschool Director
 Karen Tsitos, Head Personal Trainer

Recreation Supervisors

Kimmie Alcorn,
 Special Interest, Arts & Crafts, Camps
 Tom Milenkevich, Fitness Services Supervisor
 Tim Lander,
 Wellness, Sports & Community Events
 Holly Popple,
 Performing Arts & Community Events
 John Walsh, Sports & Community Events

Mission Statement

The Town of Herndon Parks and Recreation Department enriches the lives of its diverse residents, serves as stewards of Town resources, and fosters a sense of community by providing engaging, accessible and valued parks, facilities and recreation programs complementing those provided by Fairfax County.

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10:00am on Wednesday, August 15. Open registration for Non-TOH residents will begin at 10:00am on Tuesday, August 21.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 29 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the Town of Herndon?

Not all Herndon addresses are in the TOH proper. If you have questions, call [703-787-7300](tel:703-787-7300) or go to: herndon-va.gov/recreation and click on **FAQ for P&R** on the left side of the page.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10:00am on August 21.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or ability. The TOH supports the Americans with Disabilities Act by making a modifications for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call [703-787-7300](tel:703-787-7300) to discuss any modifications that may be necessary to allow for participation.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10:00am on August 15 for TOH residents, and 10:00am on August 21 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

- 1. ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at herndon-va.gov/recreation. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon  is not available online. Acceptance of our liability waiver will be required prior to registration.
- 2. IN-PERSON** registration beginning 10:00am, August 15 for TOH residents; and 10:00am, August 21 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
- 3. MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, 777 Lynn Street, Herndon, VA 20170
- 4. FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
- 5. DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
- 6. NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/ program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.

Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, August 15** at 10:00am.
 Registration for Non-Town of Herndon Residents begins on **Tuesday, August 21** at 10:00am.

PHONE: 703-787-7300
FAX: 703-318-8652

"95.7% of Town of Herndon residents surveyed would recommend the Herndon Community Center to a friend or colleague."

Sign Up Now!

Use one form per household.
Complete this form and be sure to note your first, second, and third choices.

TOH = people who live in the Town of Herndon limits

NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation **NOR** Scholarship Fund. All scholarship funds are used to enable those who are unable to participate in programs or camps.



Herndon Parks and Recreation Registration Form - FALL 2018

ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ EMAIL _____

PHONE: HOME _____ CELL _____ WORK _____

Participant Name	Birth Date	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M/F	000000.00	Level 4	\$68	000000.01	000000.02
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON
 All returned checks are subject to a \$50 fee



MAIL TO:
 Herndon Parks and Recreation
 777 Lynn Street, Herndon, VA 20170

CHANGE OF ADDRESS/PHONE/EMAIL? YES NO

REFUNDS: A 15% service charge will be assessed 5 or more days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: _____

OFFICE USE ONLY – Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

VISA Mastercard American Express Discover

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the town of Herndon's employees, officers, agents, and volunteers on behalf of the town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



Town of Herndon Parks and Recreation

Mailing Address: 777 Lynn Street
Physical Address: 814 Ferndale Avenue
Herndon, VA 20170
herndon-va.gov/recreation
703-787-7300

PRST STD
U.S. POSTAGE

PAID

Herndon, VA
Permit No. 280



join our newsletter...
parksandrec@herndon-va.gov



Herndon Parks and Recreation Department
Herndon Community Center

@herndonparks



ECRWSSDDM Residential Customer

HERNDON LABOR DAY FESTIVAL



Wine & Craft Beer Tasting
Tastings and Beer Sales End at 4pm

**Monday
September 3**
11am-5pm

Herndon Town Green
777 Lynn Street

- ★ 10 Virginia Wineries
- ★ Craft Beers
- ★ Live Music All Day
- ★ Craft & Food Vendors

ADMISSION

Wine OR Craft Beer* Tasting & Entertainment \$25
(*includes 4 beer tasting tickets)

Entertainment Only or Designated Driver \$5

Children 12 & under FREE

You must purchase a \$25 bracelet to purchase alcohol
ID required to purchase tastings

WINERIES

- ★ AmRhein's Wine Cellars
- ★ The Barns at Hamilton Station Vineyards
- ★ Horton Vineyards
- ★ Mattaponi Winery
- ★ Narmada Winery
- ★ North Mountain Vineyard
- ★ Rebec Vineyards
- ★ Rogers Ford Farm Vineyards
- ★ Two Twisted Posts Winery
- ★ Wild Hare Hard Cider

Event details at herndon-va.gov/laborday

PRESENTING SPONSOR



MEDIA SPONSOR



PRODUCED BY

Town of Herndon Parks
and Recreation Department
Herndon Woman's Club

FREE

Family Fitness & Fun FEST

**SATURDAY
SEPTEMBER 15**
9AM-12PM

TOWN HALL SQUARE, 130 ELDEN STREET

Bring the whole family for a superhero themed event to include fitness & nutrition stations that educate & encourage both parents and kids to adopt a healthier lifestyle. Put down the electronics, combat gaming addiction & **get outside as a family to move and have fun!**

WEAR YOUR FAVORITE SUPERHERO COSTUME!